

Mental Health and Recovery Resources

Aspire Behavioral Health & Developmental Disability Services: 1-877-683-8557 or 1-229-430-4138/1120 W. Broad Ave., Albany, GA /aspirebhdd.org

“Aspire Behavioral Health and Developmental Disability Services provide the opportunity and support to take the first step in making changes to improve behavioral health and/or developmental disability challenges.”

Georgia Department of Behavioral Health and Developmental Disabilities (GA DBHDD) Region 4: 1-877-683-8557 or 1-229-225-5099/400 S. Pinetree Blvd, Thomasville, GA 31792

GA DBHDD behavioral health goal is “to build a recovery-oriented, community-based system of care, with the capacity to provide timely access to high-quality behavioral health treatment and support services. Recovery accepts that severe and persistent mental illness, substance use, and co-occurring disorders are long-term conditions that a person will be managing for life. This model signifies a shift from crisis-driven services to a prevention-focused continuum of care that provides sustained support, and is based on the strengths, wellness, and goals of the person in recovery.”

Georgia Mental Health Consumer Network (GMHCN): 1-800-297-6146 or 1-404-687-9487/1990 Lakeside Parkway, Suite 100, Tucker, GA 30084

“The GMHCN believes in the ability of everyone living with mental health concerns to enjoy lives of purpose, meaning, productivity, and wellness. Since the first gathering of 30 behavioral health peers in October 1990, this grassroots nonprofit organization has been led and run by mental health peers -people in mental health recovery.”

Legacy Behavioral Health Services: 1-229-671-6170/3120 N. Oak Street Extension Suite B, Valdosta, GA 31602

“Legacy Behavioral Health Services provides mental health, substance abuse, intellectually and developmentally disabled services to our communities.”

NAMI (National): 1-800-950-6264/4301 Wilson Blvd., Suite 300, Arlington, VA 22203/ NAMI.org

NAMI Georgia (State): 1-770-234-0855/4120 Presidential Pkwy Ste 200, Atlanta, GA 30340-3776/www.namiga.org

NAMI Albany (Affiliate): 1-229-329-1444/PO Box 72446/Albany, GA 31708/albanynami@gmail.com

“NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.”

OASIS Recovery Community Organization: 1-229-396-5900/902 South Main Street, Tifton, GA 31794/
www.oasistifton.com

“Overcoming addiction with sobriety, information and support.”
