

MENTAL HEALTH RESOURCES FOR PEOPLE WITH DISABILITIES

ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD)

Provides treatment and support services to people with behavioral health challenges and addictive diseases. They also assist individuals who live with developmental disabilities.

<https://dbhdd.georgia.gov/>

Georgia Advocacy Office (GAO)

The Georgia state disability protection and advocacy (P&A) agency helps people with disabilities in Georgia to expand and defend their rights, including supporting self-advocacy groups and legal assistance.

www.thegao.org

Georgia's Aging and Disability Resource Center (ADRC)

Main points of access for long-term supports and services for older adults and people with disabilities, including home health care and assistive technology.

www.georgiaadrc.com

disABILITY Link

An organization led by and for people with disabilities, promoting choice and full participation in community life, and advocating for human rights.

www.disabilitylink.org

Parent to Parent of Georgia

Offers a variety of services to Georgia families impacted by disabilities or special healthcare needs.

www.p2pga.org

National Alliance on Mental Illness (NAMI) - People with Disabilities

Provides support and resources for people with disabilities and their families.

www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/People-with-Disabilities

Extra Special People (ESP)

Creates transformative experiences for people with disabilities and their families, changing communities for the better.

www.espyouandme.org

InCommunity

A non-profit agency providing community-based services and support to people with developmental disabilities and their families.

www.incommunityga.org

"Just" People Inc.

A non-profit organization providing support services to adults with developmental disabilities, mental illnesses, and head injuries.

www.justpeople.org

The Arc

Promotes and protects the human rights of people with intellectual and developmental disabilities, supporting their full inclusion and participation in the community.

www.thearc.org

— ADDITIONAL RESOURCES —

These additional resources offer support for individuals in enhancing their mental health and overall well-being.

The Self-Love Workbook for People with Disabilities

Shainna Ali

A workbook designed to help build self-worth and confidence through practical exercises and reflections.

The Ability Hacks: A Guide to Accessibility

Jen Strickland

Offers practical advice and strategies for improving accessibility in various aspects of life, making everyday activities more manageable for people with disabilities.

InnerHour App

An app providing self-help tools, therapy exercises, and mood tracking to support mental health, with resources tailored for people with disabilities.

Bridges to Understanding: Helping Families Reach Their Full Potential

A share and support group that was created to provide support to families of children with neuro-developmental disabilities (such as Autism, ADHD, Cerebral Palsy, Intellectual Disabilities, Learning Disabilities) in the East Cobb/Metro Atlanta area.

<https://bridgestounderstandingga.org/>

BOOKS WE RECOMMEND —

We've Got This: Essays by Disabled Parents

Eliza Hull

Year of the Tiger: An Activist's Life

Alice Wong

Being Heumann: An Unrepentant Memoir of a Disability Rights Activist

Judith Heumann and Kristen Joiner

Demystifying Disability: What to Know, What to Say, and How to Be an Ally

Emily Ladau

The Pretty One: On Life, Pop Culture, Disability, and Other Reasons to Fall in Love with Me

Keah Brown

Crip Kinship: The Disability Justice & Art Activism of Sins Invalid

Shayda Kafai

SOCIAL MEDIA PLATFORMS —

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

Follow these social media accounts:

Crutches and Spice

@Imani_Barbarin

Haben Girma

@HebenGirma

Moly Burke

@MollyBOfficial

TDisabilityTogether

@DisabilityTog

Disability Parenting

@DisabilityParent

The Mighty

@TheMightSite

AbleThrive

@AbleThrive

Easterseals

@Easter_Seals

Disabled World

@DisabledWorld

LOW-COST MENTAL HEALTH CARE OPTIONS

Cumberland Counseling Centers

<https://cumberlandcenters.org/>

Georgia HOPE

<https://gahope.org/>