



Healthy Minds

Healthy Minds is a program that provides resources to parents who seek ways to improve their overall wellbeing. It also gives resources to families who seek healthier relationships internally. It is important because healthy, informed parents are better able to raise healthy, happy children.

- Click [here](#) for information on the subject from the **National Parent Teacher Association**.
- Click [here](#) for information on the subject from the **American Academy of Child and Adolescent Psychiatry**.
- Click [here](#) for information on the subject from the **Department of Health and Human Services**.

Local Family Counseling Services

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| • Georgia Crisis and Access Line (Available 24/7) | 1-800-715-4225 |
| • Dekalb County Mental Health Center (Intake) | 404-892-4646 |
| • Catholic Charities (Services in English and Spanish) | 404-733-3527 |
| • Families First (multiple centers, sliding scale) | 404-853-2844 |
| • Family Ties (home-based) | 678-460-0345 |

