

CRISIS RESOURCES (24 HOURS / 7 DAYS A WEEK)

NATIONAL:

NATIONAL TEEN DATING VIOLENCE HOTLINE

CALL (866) 331-9474 OR

TEXT "LOVEIS" TO 22522

NATIONAL DOMESTIC VIOLENCE HOTLINE

CALL (800) 799-7233

SUICIDE & CRISIS LIFELINE

CALL OR TEXT 988

GEORGIA:

PROMISE PLACE: (770) 460-1604

THE GEORGIA COALITION AGAINST DOMESTIC VIOLENCE: (800) 334-2836

THE PARTNERSHIP AGAINST DOMESTIC VIOLENCE: (404) 873-1766

GEORGIA RESOURCES

PARTNERSHIP AGAINST DOMESTIC VIOLENCE

The first domestic violence agency in the state of Georgia to provide emergency services to survivors of domestic violence.

padv.org

THE GEORGIA COALITION AGAINST DOMESTIC VIOLENCE

Georgia's federally recognized domestic violence coalition, representing over 53 domestic violence organizations and programs across the state.

gcadv.org

PROMISE PLACE

Provides comprehensive domestic violence services to Fayette, Spalding, Pike, and Upson Counties.

promiseplace.org

CHILDREN'S HEALTHCARE OF ATLANTA STRONG4LIFE

Armed with a team of Children's doctors, therapists, nurses, registered dietitians, and other wellness experts, Strong4Life has resources to help busy families raise healthy, safe, resilient kids.

strong4life.com/en/parenting?topics=Relationships

SOURCES

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3. “How to Be More Compassionate: A Mindful Guide to Compassion”
<https://www.mindful.org/how-to-be-more-compassionate-a-mindful-guide-to-compassion/>
4. “Self-compassion is not self-esteem” <https://self-compassion.org/what-self-compassion-is-not-2/>
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