

Hello D.A.T.E. Family,

In an effort to make sure you all have the most comprehensive list of resources for DeKalb County, please look at this page that is designed specifically for DeKalb citizens. A great deal of information can be found on this website. Including resources for food, internet, and mental health support. This list will be ever evolving as the needs change, but this is a great start.

[DeKalb County: Help for Citizens](#)

As always, the Georgia Crisis and Access Line (GCAL) is available for reference if things get to be too hard to manage, or if you just need to debrief with a professional.

[Georgia Crisis and Access Line Website](#)

TalkSpace is offering free services to medical workers and \$100.00 off all plans to others. TalkSpace is also sometimes covered by your insurance.

[TalkSpace](#)

Headspace has a free section (Weathering the Storm) that is available to everyone, and also offers free sessions for people with Humana as an insurance provider. Headspace has a children based app as well. As always, please check with your insurance provider as you may also have an option for free sessions.

[Headspace](#)

If you need a referral for resources please complete this form to put in touch with our school Social Worker (Ms. Williams).

[Essential Needs Referral Form](#)

Feel free to email me with questions and I'll answer them as I am able.

- Mrs.Haye@dateacademy.org