



While You're Waiting

Getting connected to care can take time. While you're waiting, these simple steps can help you stay prepared and supported.

What you can do now

- **Keep your phone close**

You may receive a call or text from a provider to schedule your next step.

- **Answer calls and check messages**

If you miss a call, they will try again—but responding quickly can help you get scheduled sooner.

- **Write down your questions**

Keep a running list of anything you want to ask about services, appointments, or next steps.

- **Gather what you can**

Have your ID, medications, and emergency contact information ready if possible.

If you have insurance, keep your card nearby. If not, that's okay—you can still receive services. You will be asked to show an ID and proof that you live in Fulton County.

- **Track how you're feeling**

Make notes about symptoms, mood, sleep, or anything that's changed. This can help during your first visit.

- **Ask for support**

A trusted friend, family member, or caregiver can help you keep track of calls or appointments.

- **Plan ahead for appointments**

Think about how you'll get there or if telehealth might be an option.

- **Ask about transportation support**

If getting to appointments is a concern, let them know. Transportation resources may be available depending on your program.

- **If you need help right away**

If you or someone else is in immediate danger or experiencing a crisis, call 911 or go to the nearest emergency room.

- **Remember**

You are not alone—reaching out is an important first step.