Gopher frogs occurs throughout the Southeastern Coastal Plain. They live in longleaf pine-wiregrass flatwoods and longleaf-pine turkey oak sandhills. These frogs are dependent on isolated wetlands in the fall for breeding and egg development.

Gopher frogs are frequently found in gopher tortoise burrows. Gopher tortoise burrows offer safety and humidity. Due to the loss of habitat, the gopher frog is a species of conservation concern in Georgia, and is listed as rare.