

Behavioral Health Resources

- **Seek further medical care for any increase in symptoms or new symptoms, such as thoughts of wanting to hurt yourself, hurt others, or if you have increased agitation.**
- For immediate concerns, call 911 for emergency medical attention.
- Do not make changes to your medications, including taking more or less than prescribed, unless under the supervision of your provider. Be aware that some medications may make you feel worse if abruptly stopped.
- **Mobile Crisis Team:**
The Mobile Crisis Response Team provides a number of integrated services including:
 - Evaluation of immediate need for crisis/emergency services (telephone triage)
 - Crisis intervention and/or assistance in de-escalating the situation
 - Risk assessment and evaluation for more intensive services
 - Short-term crisis management until other supports/services are in place, or the crisis is resolved
 - Liaison between individual, families, health care providers and emergency services
 - Coordination of appropriate community-based services for ongoing treatment and follow up

LOCAL MOBILE CRISIS TEAMS:

- 1) Orange/Person/Chatham via Freedom House
800-233-6834
- 2) Alamance-Caswell Counties via Psycho-therapeutic
336-538-6990
- 3) Durham Co. Via Freedom House
919-560-7100
- 4) Johnston Co. via Therapeutic Alternatives
877-626-1772
- 5) Wake Wake Co. Via Therapeutic Alternatives
877-626-1772

- Please review helpful hotline list given

HOW TO FIND MENTAL HEALTH TREATMENT:

IF YOU HAVE HEALTH INSURANCE: look on your card for phone number / website to access a list of mental health providers who accept your insurance.

IF YOU HAVE MEDICAID, MEDICARE OR NO INSURANCE: look on the back of this page, find the "MCO" for the county where you live, and call their access number to schedule an appointment.

Carolina Behavioral Care

About Carolina Behavioral Care: A comprehensive behavioral health clinic (for all ages) providing a full spectrum of psychiatric, psychological, and substance abuse services. As a physician-directed clinic, we have provided high quality clinical services in North Carolina since 1982.

209 Millstone Dr
Hillsborough, NC 27278
919.245.5400

Provider: Dr. Wall
Website: <https://carolinabehavioralcare.com/about-us/>

SUBSTANCE ABUSE TREATMENT:

Alcohol/Drug Council of North Carolina: 1-800-688-4232
<http://www.alcoholdrughelp.org/getting-help/registration/>

Substance Abuse and Mental Health Services Administration (SAMHSA) treatment locator:
<http://www.samhsa.gov/treatment/index.aspx>

UNC Health Care's **Alcohol and Substance Abuse Program (ASAP)** All major health insurances, Medicare, and Medicaid are accepted. Toll Free: **1-888-457-7457**
<http://www.med.unc.edu/alcohol/demo/asap.html>

Freedom House Recovery Center, Chapel Hill Outpatient Clinic: 919-442-1844
Durham Center Access: 919-560-7305

UNC DEPARTMENT OF PSYCHIATRY: <http://www.med.unc.edu/psych>

UNC Psychiatry: The Acute Diagnostic and Treatment Clinic (ADTC) is a general adult psychiatric clinic staffed by teams of faculty and resident psychiatrists. For appointments, call (984) 974-5217.

UNC Child & Adolescent Psychiatry: To obtain an appointment for your child to be seen in our clinic, please call (984) 974-5217.

UNC Center of Excellence for Eating Disorders: (984) 974-7012

UNC Center for Women's Mood Disorders: (984) 974-9640 |
womensmooddisorders@med.unc.edu

SUICIDE AND CRISIS HOTLINES:

The Hopeline: **(919) 231-4525** or **1-877-235-4525**
National Hopeline Network: **1-800-SUICIDE (1-800-784-2433)** | www.hopeline.com
National Suicide Prevention Lifeline: **1-800-273-TALK (1-800-273-8255)**
www.suicidepreventionlifeline.org (online chat)

MCO LIST

Please visit <http://www.ncdhhs.gov/mhddsas/lmeonblue.htm> for the most up-to-date information.

Alliance Behavioral Healthcare – www.AllianceBHC.org
(Cumberland, Durham, Johnston, Wake)

24/7 Access: **800-510-9132**

Cardinal Innovations Healthcare Solutions – www.Cardinalinnovations.org

(Alamance, Cabarrus, Caswell, Chatham, Davidson, Franklin, Granville, Halifax, Mecklenburg, Orange, Person, Rowan, Stanly, Union, Vance, Warren)

24/7 Access: **1-800-939-5911**

CenterPoint Human Services – www.cphs.org

(Davie, Forsyth, Rockingham, Stokes)

24/7 Access: **1-888-581-9988**

Eastpointe – www.Eastpointe.net

(Bladen, Columbus, Duplin, Edgecombe, Greene, Lenoir, Nash, Robeson, Sampson, Scotland, Wayne, Wilson)

Access: **800-913-6109** | TTY: **1-888-819-5112**

Partners Behavioral Health Management – www.PartnersBHM.org

(Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, Yadkin)

24/7 Access: **1-888-235-4673**

Sandhills – www.SandhillsCenter.org

(Anson, Harnett, Hoke, Lee, Montgomery, Moore, Randolph, Richmond)

24/7 Access: **1-800-256-2452** | TTY: **1-800-855-2880**

Smoky Mountain Center – www.SmokyMountainCenter.org

(Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes, Yancey)

24/7 Access: **1-800-849-6127**

Trillium Health Resources -- www.TrilliumHealthResources.org

(Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Craven, Currituck, Dare, Gates, Herford, Hyde, Jones, Martin, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, Washington)

24/7 Access: **877-685-2415**

HELPFUL HOTLINES

Below is a list of national hotlines that provide anonymous, confidential information to callers. They can answer questions and help you in times of need.

Childhelp National Child Abuse Hotline

Phone: 800-4-A-CHILD (800-422-4453)

Depression and Bipolar Support Alliance

Phone: 800-826-3632

Boys Town National Hotline – Crisis hotline that helps parents and children cope with stress and anxiety

Phone: 800-448-3000

Hopeline

Phone: 800-442-HOPE (4673)

Mental Health America – For a referral to specific mental health service or support program in your community

Phone: 800-969-NMHA (6642)

National Alliance on Mental Illness – Provides support, information, and referrals

Phone: 800-950-NAMI (6264)

National Association of Anorexia Nervosa and Associated Disorders

Phone: 847-831-3438

National Center for Posttraumatic Stress Disorder

Phone: 802-296-6300

National Center for Victims of Crime – Multi-language service available

Phone: 800-FYI-CALL (394-2255)

National Drug and Alcohol Treatment Hotline – Treatment referrals

Phone: 800-662-HELP (4357)

National Domestic Violence Hotline

Phone: 800-799-SAFE (7233)

National Eating Disorders Association Information and Referral Helpline – Support services, help, and guidance to people struggling with eating disorders, their loved ones, and families

Phone: 800-931-2237

National Domestic Violence Hotline

Phone: 800-799-SAFE (7233)

National Runaway Switchboard

Phone: 800-RUNAWAY (800-786-2929)

National Sexual Assault Hotline

Phone: 800-656-HOPE (4673)

National Suicide Prevention Hotline

Phone: 800-273-TALK (8255)

Postpartum Support International

Phone: 800-994-4PPD (4773)

PPD Hope

Phone: 877-PPD-HOPE (877-773-4673)

PPD Moms

Phone: 800-PPD-MOMS (800-773-6667)

S.A.F.E. Alternatives Phone: 800-DONTCUT (800-366-8288)