



Call or text 988
or visit 988lifeline.org
to chat with a caring counselor.

Referral Resource Guide

Orange County/ Hillsborough/Durham/Wake-Raleigh

IN AN EMERGENCY OR CRISIS

For assistance in an emergency situation

Dial 911

Call OR Text 911 - Ask for a Crisis Intervention Team (CIT) Officer

For help in a Mental Health Crisis

Monarch Wake County Behavioral Health

Urgent Care: (919) 703-2845

Carolina Outreach Behavioral Health Urgent

Care: 919 251-9009

Mobile Crisis Management Line 877-626-1772

Anson, Cumberland, Durham, Guilford, Harnett, Poke, Johnston, Lee, Montgomery, Moore, Randolph, Richmond, Wake (NOT Orange or Chatham)

Next Steps and

NAMI Crisis line: 800-950-6294

For Info, Support, and Practical Next Steps

Orange County Social Services: 919 968-4501

Triangle Springs Mental Health & Addiction

Treatment: 919-561-5609 (Based in Raleigh)

National Suicide Prevention Lifeline

Dial "988"

(press 1 for veterans, 2 for Spanish)

Raleigh Hopeline: 919-231-4525

Crisis Lines

Crisis Text Line: Text HOME to 741741

Orange County Crisis Line: 800 939 5911

Durham County Crisis Line: (919) 967-8844

Wake County Crisis Stabilization Center:

984 974-4800

Hope4NC Crisis Line: 919-226-2002. Connects individuals to mental health and resilience supports 24/7,

Treatment Resources

MCO = Managed Care Organization

Alliance Health MCO: 800-510-9132

(Durham, Orange, and Wake Counties)

Vaya Health MCO: 800-849-6127 (Chatham)

DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Sexual Assault Hotline

RAINN (Rape, Abuse & Incest National Network)

National Child Abuse Hotline

National Domestic Violence Hotline

National Runaway Safeline

800-656- HOPE (4673)

800-656- HOPE (4673) www.rainn.org

800-422-4453

800-799- SAFE (7233)

800-RUNAWAY (786-2929) or text 66008

Orange County Rape Crisis: 866- WeListen

Call or Text: 919-967-7273

NC360: Statewide coordinated care network that better connects individuals to local services and resources. <https://nccare360.org>

TREATMENT RESOURCES

Substance Abuse Treatment

Freedom House: 919 942-2803

Reintegrative Support Network 800-273-8255

Alcohol and Drug Council of NC (ADCNC): text 919 908-3196 or call 1- 800 273-8255

SAMHSA’s National Helpline provides free, 24-hour information and referral assistance to local treatment facilities, support groups, and community-based organizations.

1-800-662-HELP (4357) and <http://findtreatment.SAMHSA.gov>

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services:

Phone: 984-236-5300 Spanish: 800-662-7030

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. TheNationalCouncil.org (click on “Find a Provider”)

Mental Health Treatment

UNC Behavioral Health Services 984 974-1000

Duke University Hospital: 919 684-8111

UNC Hospital: 984 215-2000

Carolina Behavioral Care: (Hillsborough) 919 245-5400

National Alliance on Mental Illness (NAMI) Information HelpLine provides information and referral services. 1-800-950-NAMI (6264)

National Council for Mental Wellbeing can assist you in finding a local provider of behavioral health services and support. TheNationalCouncil.org (click on “Find a Provider”)

CHILDREN & YOUTH RESOURCES

a. Emergency and Referral Services

National Runaway Safeline

1-800-621-4000

NC DHHS: [NC DHHS: Children's Services](#)

RESOURCES FOR SPECIAL POPULATIONS

Gay, Lesbian, Bisexual, Transgender Support Resources

GLBT National Help Center

1-888-843-4564

www.glnh.org

GLBT National Youth Talkline

1-800-246-PRIDE (1-800-246-7743)

www.glnh.org/talkline

Trevor Project Crisis Line – LGBTQ Youth

1-866-4-U-TREVOR (488-7386)

www.theTrevorProject.org

SELF-HELP RESOURCES AND GROUPS

Find a time and location of a meeting.

Alcoholics Anonymous

www.aa.org/pages/en_US/find-aa-resources

National Domestic Violence Hotline

www.al-anon.alateen.org/local-meetings

National Domestic Violence Hotline

www.draonline.org

Narcotics Anonymous

1-888-GET-HOPE (438-4673) (Hopeline)

www.na.org/meetingsearch

Nar-Anon Family Groups

www.nar-anon.org/find-a-group

OTHER RESOURCES

Free and confidential information and referral, available 24/7, for help with food, housing, employment, health care, counseling and more - Dial 211

Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)

Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com