

## Community Resource Guide as of July 2023

Chatham County/Orange County/Chapel Hill/Durham

**For assistance in an emergency situation:  
Call OR Text 911 - Ask for a Crisis  
Intervention Team (CIT) Officer**

**Find Help in a Crisis: Text 741-741**

**24/7 Access and Information:  
- Orange, Durham, Wake Counties (MCO) –  
Alliance Health – 800-510-9132**

**Chatham County (MCO) – Vaya Health  
800-849-6127**

**National Suicide Prevention Lifeline:  
Dial or Text 988**

**For Info, Support, and Practical Next Steps:  
NAMI NC Helpline: Call 800-451-9682 or Text  
(919) 999 – 6527  
Mon – Fri – 8:30am – 5pm**

**Hope4NC Crisis Line:** connects individuals to  
mental health and resilience supports. Free and  
confidential. 24/7 855-587-3463

### DOMESTIC VIOLENCE, ABUSE, AND SEXUAL ASSAULT RESOURCES

National Sexual Assault Hotline	800-656-HOPE (4673)
National Child Abuse Hotline	800-422-4453
National Domestic Violence Hotline	800-799-7233
RAINN (Rape, Abuse & Incest National Network)	800-656-4673
National Runaway Safeline	800-RUNAWAY or text 66008

### TREATMENT RESOURCES

Substance Abuse Treatment:  
Freedom House: 919 942-2803  
SAMHSA Treatment Centers: <https://findtreatment.gov/>

Free Clinics: <https://nafclinics.org/find-clinic/>

Reintegrative Support Network 984-777-5282

Alcohol and Drug Council of NC (ADCNC): 800-688-4232

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 <https://findtreatment.gov>

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services:  
Phone: 984-236-5000

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

### **Mental Health Treatment**

UNC Hospital: 984-974-1000 (ask for behavioral health clinics)

Duke University Hospital: 919 684-8111

### ***Gay, Lesbian, Bisexual, Transgender Support Resources***

<b>LGBT National Hotline</b> 1-888-843-4564 <a href="http://www.lgbthotline.org">www.lgbthotline.org</a>	<b>Trevor Project Crisis Line – LGBTQ Youth</b> 1-866-4-U-TREVOR (488-7386) or Text 678-678 <a href="http://www.theTrevorProject.org">www.theTrevorProject.org</a>
<b>LGBT National Youth Talkline</b> 1-800-246-7743 <a href="http://www.lgbthotline.org">www.lgbthotline.org</a>	

### **SELF-HELP RESOURCES AND GROUPS**

<b>Alcoholics Anonymous</b> <a href="http://www.aa.org/pages/en_US/find-aa-resources">www.aa.org/pages/en_US/find-aa-resources</a>	<b>Narcotics Anonymous</b> <a href="http://www.na.org/meetingsearch">www.na.org/meetingsearch</a>
<b>National Domestic Violence Hotline</b> <a href="http://www.thehotline.org">www.thehotline.org</a>	<b>Nar-Anon Family Groups</b> <a href="http://www.nar-anon.org/find-a-group">www.nar-anon.org/find-a-group</a>