

## NAMI DURHAM RESOURCES

Also see <https://www.namidurhamnc.org/> or

<https://namiorangenc.nameieasysite.com/resources-2/resources/>

<b>HELP IN A CRISIS</b>	
Durham Recovery Response Center (formerly Durham Center Access)	309 Crutchfield Street, 27701    Walk in or call (24x7) <b>800-510-9132</b>
Alliance Behavioral Healthcare (uninsured or Medicaid)	414 E. Main Street, Durham 27701 <b>800-510-9132</b>
Durham Police (city) or Sheriff (county)	<b>911</b> , ask for a CIT (Crisis Intervention Team) trained officer. If not in crisis, call 919-560-4600 (police) or 919-560-0897 (sheriff).
Duke Hospital ER	<b>855-855-6484</b>
Duke Regional Hospital ER	<b>855-855-6484</b>
Disability Rights NC	<b>919-856-2195</b>
NAMI Durham Help & Info Line	<b>TBA</b>
<b>HELP FOR FAMILIES AND PERSONS WITH MENTAL ILLNESS</b>	
NAMI Homefront, free classes (6 wks.) for families of veterans and active military	<a href="http://www.nami.org/homefront/">www.nami.org/homefront/</a>
NAMI Peer to Peer, free classes (10 wks.) for adults living with mental illness	<a href="http://www.nami.org/peertopeer/">www.nami.org/peertopeer/</a>
NAMI Family to Family, free classes (12 wks.) for family members & close friends of folks living with mental illness	Violette Blumenthal, <a href="mailto:vibl46@frontier.com">vibl46@frontier.com</a> , 919-358-6788  CH class, NAMI OC, <a href="mailto:nbrickman@gmail.com">nbrickman@gmail.com</a>
NAMI Basics, free classes (6 wks.) for parents and caregivers of children and teens who are experiencing symptoms	<a href="http://www.nami.org/basics/">www.nami.org/basics/</a>
<b>SUPPORT GROUPS</b>	
NAMI Durham Family Support Group	Westminster Presbyterian Church, 2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays, 7:30 – 9:00 pm. Gale Brewer, 919-428-6519
NAMI Durham Connection Recovery Support Group	Watts Street Baptist Church; 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays, 7:30 – 9:00 pm. Nate Maier, 312-203-3979
NAMI Durham Young Families Support Group	<b>TBA</b>
Mood Disorders Support and Education Meeting	Suite 340; 2200 W. Main Street; 4 <sup>th</sup> Thursdays. Cindy Jones, 919-286-5261, <a href="mailto:jones106@mc.duke.edu">jones106@mc.duke.edu</a> .
NAMI Orange County Family Support Group (two locations)	Christ UMC Office, 105 Market St., Southern Village, 1 <sup>st</sup> Wednesdays, noon to 1:30 pm; Seymour Senior Center, 2551 Homestead Rd., Chapel Hill, 2 <sup>nd</sup> Tuesdays, 7:00 – 8:30 pm
The Art Therapy Institute	< <a href="mailto:hrubesin@gmail.com">hrubesin@gmail.com</a> >200 N Greensboro St, Suite D-6 Carrboro, NC 27510    (2nd Floor Carr Mill Mall)

## INFORMATION, REFERRAL, & ADVOCACY

NAMI North Carolina	919-788-0801, Helpline 800-451-9682, naminc.org
NC Mental Health Consumers Organization	919-832-2285, facebook.com/ncmhco89/
<i>El Futuro</i> , Latino mental health center	126 E. Chapel Hill St, 27701, elfuturo-nc.org, 919-688-7101
Customer Service & Community Rights Team, NC Division of Mental Health	919-715-3197
Life Plan Trust, estate planning for loved ones with disabilities	919-589-0017
The Art Asylum	In Durham, NC, this group has occasional meetings. Please contact <cassiehamrickarttherapy@gmail.com>

## OTHER RESOURCES

Threshold Clubhouse, clubhouse model day rehabilitation & recovery program	609 Gary Street, Durham 27703, 919-682-4124, thresholdclubhouse.org
Club Nova, similar to Threshold in Carboro	103 W Main St D, Carrboro 27510, 919-968-6682, clubnova.org
Wellness City	401 East Lakewood, Suite E1, 919-687-4041
Freedom House	104 New Stateside Dr, Chapel Hill, NC 27516, 919-942-2803
NC Missing Persons	800-522-5437 (call 911 first)
OASIS - UNC Outreach and Support Intervention Services	919-962-1401, med.unc.edu/psych/oasis
NC Division of Mental Health	919-733-7011, ncdhhs.gov/divisions/mhddsas
Caramore Community (residential rehab)	919-967-3402, caramore.org
Holly Hill Hospital, dual dx and other psychiatric services	3019 Falstaff Rd, Raleigh, NC 27610 800-447-1800, hollyhillhospital.com
Red Oak Recovery, dual dx 18-25 yr. olds	108 Executive Park, Asheville, NC 28801, 866-457-7590, redoakrecovery.com
CooperRiis (residential rehab)	PO Box 600, Mill Spring, NC 28756, 828-894-7140, cooperriis.org
Easter Seals UCP NC START	3817 Cheek Rd., Durham 27704, 919-908-9052, easterseals.com

## SUPPORT GROUPS WE HOPE YOU NEVER NEED

Straight Talk Support Group for family members of prisoners	Biweekly in Durham, call Cheryl McDonald, 919-599-3370
Triangle Survivors of Suicide (SOS)	United Church of Chapel Hill, 1321 MLK Blvd, CH, 2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays, 7:00 – 8:30 pm, Jodi Flick, 919-962-4988
M.O.M.s.d, Moms of murdered sons & daughters	www.momsagainstmurder.org/
Parents of Murdered Children	www.pomc.com/durham/index.htm

If you think an organization should be on this list, please contact Violette