



National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room for help.
Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

Lifeline

988 (Starting July 16th, 2022)

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service
or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741-741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis

"NEDA" to 741741

Text – Non-Crisis

1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing

TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863



U.S. CENTER
MENTAL HEALTH
& SPORT

Crisis Resources: North Carolina

If someone is in immediate danger, call 911 or go to the local emergency room for help. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

NAMI North Carolina

www.naminc.org

Helpline (800) 451-9682

Helpline Text (919) 999-6527

NC Crisis Services

www.crisissolutionsnc.org

Mental health and substance use
crisis assistance by county

Hope4NC

1-855-587-3463

Text "hope" to 1-855-587-3463

North Carolina 211

Dial 211

Assistance on finding local
health & human service providers

NC Families United

www.ncfamiliesunited.org

(980) 349-5333

NC Department of Health and Human Services

Behavioral Health

www.ncdhhs.org

984-236-5000

Mental Health America of Central Carolinas

www.mhaofcc.org

(704) 365-3454

Mental Health Association in Forsyth County

www.triadmentalhealth.org

(336)768-3880

Carolina Behavioral Care

www.carolinabehavioralcare.com

(844) 534-7208

(24/7 Crisis Line available)

Atrium Health

www.atriumhealth.org

(704) 444-2400

(800) 418-2065

(24/7 Crisis Assistance)

Hope4Healers

(919) 226-2002

Mental health and resilience supports
for health care professionals,
emergency medical specialists,
child care professionals,
educators, disaster & first
responders, other staff who
work in health care and
educational settings
and their families