



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**

**National Suicide Prevention Lifeline**

**Dial "988"**

(press 1 for veterans, 2 for Spanish)

**Raleigh Hopeline: 919-231-4525**

## For Help in a Mental Health Crisis

**Walk-in Urgent/Emergency Care**

**Monarch Wake County Behavioral Health**

**Urgent Care: (919) 703-2845**

**Carolina Outreach Behavioral Health Urgent Care: 919-251-9009** (Durham, Raleigh, other NC locations. Not open 24/7)

**Triangle Springs Mental Health & Addiction**

**Treatment: 919-561-5609**

(Based in Raleigh. Call or walk-in.)

**Mobile Crisis Management Line**

**877-626-1772**

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

**Crisis Lines: 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

**NAMI Helpline: Call 800-451-9682 or Text 919-999-6527 M-F 8:30-5pm**

For Info, Support, and Practical Next Steps

**Orange County Social Services: 919-968-4501**

**MCO = Managed Care Organization**

**Phone and Mobile Crisis Units**

*Prioritizing Medicaid or No Insurance Clients*

**Alliance Health MCO: 800-510-9132**

(Durham, Orange, Wake, Johnston Counties)

**Vaya Health MCO: 800-849-6127**

(Chatham, Alamance, Caswell, Person Cty)

See [Map](#) for coverage in every NC County

## 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](http://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](http://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](http://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](http://www.glnh.org)

#### GLBT National Youth Talkline

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

[www.glnh.org/talkline](http://www.glnh.org/talkline)

#### Trevor Project Crisis Line – LGBTQ Youth

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

[www.theTrevorProject.org](http://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](http://www.aa.org/pages/en_US/find-aa-resources)

#### National Domestic Violence Hotline

[www.al-anon.alateen.org/local-meetings](http://www.al-anon.alateen.org/local-meetings)

#### National Domestic Violence Hotline

[www.draonline.org](http://www.draonline.org)

#### Narcotics Anonymous

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

[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

#### Nar-Anon Family Groups

[www.nar-anon.org/find-a-group](http://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](http://www.findlaw.com)

Celebrate Recovery ("A safe place to find community and freedom from the issues that are controlling our life.") – [www.celebraterecovery.com](http://www.celebraterecovery.com). Find a local group at <https://locator.crgroups.info>