

North Carolina



988 Suicide & Crisis Lifeline — Call or text 988

- North Carolina 988 Crisis Line
- Call or text 988
- 24/7 emotional support and crisis intervention
- NC 211 — Dial 211
- Housing, food, shelters, and mental health resources
- Alliance Health Crisis Line
- 800-510-9132

Crisissupport andreferrals

Mental Health Services & Counseling Statewide Access

- North Carolina Department of Health and Human Services Division of Mental Health
Developmental Disabilities and Substance Use Services
Provides:
 - Mental health treatment
 - Crisis services Substance-
 - use programs
 - Community-based care

LME/MCO System

North Carolina uses Local Management Entities / Managed Care Organizations (LME/MCOs) to provide:

- Therapy & counseling
- Psychiatric services Crisis
- intervention
- Case management

Major Providers by Region

Charlotte / Mecklenburg County

- Mecklenburg County Behavioral Health
Mental health and crisis services

Raleigh / Wake County

- Wake County Human Services Behavioral Health
Counseling, crisis care, and support services

Statewide / Multiple Locations

- Monarch
Mental health, addiction treatment, and crisis services
- Trillium Health Resources
Access to mental health and substance-use services

Addiction Recovery & Rehabilitation Programs

Statewide Treatment Access

- North Carolina Substance Use Disorder Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment
 - Medication-assisted treatment

Key Recovery Providers

- Freedom House Recovery Center
Residential and outpatient treatment Charlotte
- Rescue Mission
Addiction recovery and housing support
- Fellowship Hall
Residential treatment and recovery programs

Shelters & Housing Assistance

Emergency Shelters

- Urban Ministry Center
Emergency shelter and support services
- Raleigh Rescue Mission
Shelter, meals, and recovery programs

Housing & Support Programs

- North Carolina Housing Finance Agency
Rental assistance and housing support

- NC Coalition to End Homelessness
Housing coordination and prevention

Women, Youth & Domestic Violence Support

- North Carolina Coalition Against Domestic Violence
Shelter connections and advocacy
- Safe Alliance
Emergency shelter and survivor support
- The Relatives
Support for at-risk and homeless youth

How to Get Help in North Carolina

- Call 988 or Alliance Crisis Line (fast support)
- Dial 211 for local resources
- Contact your LME/MCO
- Use North Carolina Medicaid for free/low-cost care

