



HENDERSON COUNTY BEHAVIORAL HEALTH

RESOURCES FOR YOUTH AND ADULTS

24/7 CRISIS & HELPLINES (FREE)

- **988 Suicide & Crisis Lifeline:** Call or text 988 or visit their webchat at chat.988lifeline.org for confidential support from a trained counselor.
- **RHA Mobile Crisis Management:** Call 1-888-573-1006 for intensive, community-based response for behavioral health crisis.
- **NC Peer Warmline:** Call 1-855-733-7762 for confidential support from a trained peer support specialist.
- **Vaya Health Access to Care Line:** Call 1-800-849-6127 for crisis support, needs assessments, & additional behavioral health information & resources.
- **United Way's NC 211:** Call 211 or visit www.nc211.org for confidential information on health & human services in the community.
- **SAMHSA's National Helpline:** Call 1-800-662-4357 for referrals to local treatment facilities, support groups, & community organizations.

SPECIALIZED LINES (FREE)

- **Hope4NC Helpline:** Call 1-855-587-3463 for confidential support from a trained crisis outreach worker for individuals recovering from Hurricane Helene.
- **Safelight:** Call 828-693-3840 for services for survivors of family violence, sexual assault, & child abuse.
- **The Trevor Project:** call 1-866-488-7386 or text START to 678-678 for confidential crisis support for LGBTQIA+ youth ages 13-24.
- **Veterans' Crisis Line:** Call 988, then press 1, or text any message to 838-255 for confidential crisis support for veterans & their loved ones.
- **National Domestic Violence Hotline:** Call 1-800-799-7233 or text START to 88788 for confidential support for those impacted by relationship abuse.
- **Trans Lifeline:** Call 1-877-565-8860 M-F 1-9PM EST to talk to a peer support specialist.



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CRISIS & INPATIENT SERVICES

- **RHA 24/7 Behavioral Health Urgent Care:** Located in Asheville. Call 828-210-2651. Walk-in services available 24/7.
- **Psychiatric & Addictions Therapeutic Healing Services (PATHS) at UNC Health Pardee:** Located in Hendersonville. Call 828-686-4250 for adult inpatient mental health & substance use detox services.
- **AdventHealth HOPE Unit:** Located in Hendersonville. Call 828-681-2282 for adult women's inpatient mental health & substance use services.
- **Sweeten Creek Mental Health & Wellness Center:** Located in Asheville. Call 828-213-4055 for 24/7 inpatient mental health services for ages 5+.
- **Neil Dobbins Center:** Located in Asheville. Call 828-253-6306 for inpatient mental health crisis and substance use detox services for adults.
- **JFK Alcohol and Drug Abuse Treatment Center:** Located in Black Mountain. Call 828-257-6200 for inpatient substance use treatment & detox services for adults.

DISASTER-RELATED SERVICES

- **Disaster Distress Helpline:** Call 1-800-985-5990 for national, free, multilingual disaster counseling available 24/7.
- **Disability Disaster Helpline:** Call 1-800-626-4959 for access to assistance for individuals with disabilities with urgent disaster-related needs available 24/7.
- **Resources for Resilience:** Visit resourcesforresilience.com for weekly listening circles for WNC residents impacted by Hurricane Helene.
- **Bounce Back Now:** Free app designed to improve the emotional health of adults and families impacted by natural disasters. Visit bouncebacknow.org for more info.

DROP-IN PEER SUPPORT

- **Love and Respect Community for Recovery & Wellness:** Call 828-595-2202 for peer living room, support groups, and recovery resources for adults.
- **Hope Coalition:** Call 828-366-7979 for peer living room, support groups, and recovery resources for ages 13+.
- **RHA Peer Living Room:** Located at 356 Biltmore Ave in Asheville, open M-F 9A-5PM. Call 828-254-2700 for more information.
- **Sunrise Community for Recovery & Wellness:** Located at 209 Tunnel Rd in Asheville. Drop-in Center available M-F 8A-6PM.

BASIC NEEDS CRISIS ASSISTANCE

- **Interfaith Assistance Ministry:** Located at 310 Freeman St. in Hendersonville. Call 828-697-7029 for food pantry, clothing, rental assistance, & other urgent support.
- **Hendersonville Rescue Mission:** Located at 639 Maple St. in Hendersonville. Call 828-697-1354 for emergency shelter, meal assistance, & other programming.
- **Salvation Army:** Located at 239 3rd Ave. in Hendersonville. Call 828-698-4181 for clothing, utility, prescription, and insurance co-pay assistance.

COMMUNITY-BASED SERVICES

- **Blue Ridge Health:** Located in Hendersonville. Call 828-692-44289 for walk-in, outpatient, & intensive services for mental health & substance use for all ages.
- **Clarvida:** Located in Hendersonville. Call 828-697-4187 for walk-in, outpatient, intensive, & case management services for mental health & substance use for all ages.
- **The Free Clinics:** Located in Hendersonville. Call 828-697-8422 for behavioral health counseling, case management, medication management, & peer support services.
- **Mental Health Navigation (Children and Family Resource Center):** Call 828-698-0674 ext. 158 for behavioral healthcare navigation support for all ages.
- **Safelight:** Located in Hendersonville. Call 828-693-3840 for counseling services for all ages who have experienced interpersonal violence or abuse.
- **Henderson County Post-Overdose Response Team:** Call 828-707-2422 for support for people and families struggling with substance use or following an overdose.
- **Henderson County Department of Public Health:** Call 828-692-4223 for mental health counseling for all ages.
- **AdventHealth Behavioral Health Hub:** Call 828-650-8130 for urgent appointments or resources for support.
- **Thrive Clubhouse:** Located in Hendersonville. Call 828-697-1581 for day programming for adults with severe and persistent mental illness.

YOUTH-FOCUSED SUPPORT

- **Caiyallynn Burrell Center:** Call 1-877-277-8873 for mental health, substance use, and IDD treatment for ages 6-17.
- **AdventHealth Adolescent Intensive Outpatient Program:** Located at the Hope Coalition Youth Connection Center in Hendersonville for teens ages 13-18. Call 828-687-5660 for more information.
- **Sweeten Creek Mental Health & Wellness Center:** Located in Asheville. Call 828-213-4055 for 24/7 inpatient mental health services for ages 5+.
- **Teen Line:** Teen peer support from a trained listener. Call 1-800-852-8336 for phone support from 9PM-1AM or text **TEEN** to 839-863 for text support from 9PM-12AM.
- **Somethings:** Mobile app for teen peer support from a trained mentor. Free to NC teens. Visit somethings.com to learn more.
- **Crossnore:** Call 828-301-4622 for child, adolescent, and family mental health assessments and counseling for ages 4-18.
- **Talk. They Hear You.:** Free mobile app from SAMHSA to support parents/caregivers in feeling informed and prepared to have difficult conversations with adolescents. Visit bit.ly/talk-they-hear-you for more information.



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