



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.)

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 Crisis line: 800-950-6294

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

Mobile Crisis Management Line

877-626-1772

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

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

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 (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 (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

GLBT National Youth Talkline

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

www.glnh.org/talkline

Trevor Project Crisis Line – LGBTQ Youth

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

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

National Domestic Violence Hotline

www.al-anon.alateen.org/local-meetings

National Domestic Violence Hotline

www.draonline.org

Narcotics Anonymous

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

www.na.org/meetingsearch

Nar-Anon Family Groups

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