

Mental Health Resource Numbers October 2021

National - Immediate Crisis

- Call 911 if this is a life-threatening emergency. If you need police, **ask if they have a CIT Officer (Crisis Intervention Officer)**, they have received training for these circumstances.

National - Need Immediate Help In A Crisis?

- National Suicide Prevention Lifeline – Call 800-273-TALK (8255)
 - If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor 24/7. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.
 - Veterans Line: Press 1
- Crisis Text Line – Text NAMI to 741-741
 - Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.
- National Domestic Violence Hotline – Call 800-799-SAFE (7233)
 - Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.
- National Sexual Assault Hotline – Call 800-656-HOPE (4673)
 - Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Free help, 24/7.

National - Need Help finding Treatment/Support?

- SAMHSA's National Helpline, 1-800-662-HELP (4357)
 - A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

North Carolina: Need Help finding Treatment/Support?

- Hope4NC call line: Call us 24/7 at 1-855-587-3463
 - For or free and confidential emotional support, counseling referrals and community resources. Hope4NC includes a Crisis Counseling Program tailored for COVID-19, which will provide immediate crisis counseling services to individuals affected by the ongoing public health crisis.

Charlotte Area: Need Immediate Help in A Crisis?

- **Call 911 if this is a life-threatening emergency. If you need police, ask if they have a CIT Officer (Crisis Intervention Officer), they have received training for these circumstances.**
- Mecklenburg Mobile Crisis: Hotline: 704-566-3410 (Select option 1)
 - The Mecklenburg County Mobile Crisis Team is comprised of a group of clinicians with experience in mental illness, substance abuse, intellectual disabilities and situational crises. The Mobile Crisis Team serves all of Mecklenburg County and a referral can come from anyone. The Mobile Crisis Team has the ability to handle a crisis either by phone or by dispatching to the consumer and/or caller.
- Atrium Behavioral Health help line: 704-444-2400
 - If you're feeling overwhelmed and think you may need help, call our 24/7 Behavioral Health Help Line and speak to a licensed professional
- Charlotte Area Crisis Centers & Behavioral Health Hospitals:
 - Atrium Health Behavioral Health Charlotte is the only dedicated psychiatric emergency department in the region, and provides treatment across a broad continuum of inpatient and outpatient services. Center is staffed 24 hours a day, seven days a week.
 - Presbyterian Novant - uptown location has specific behavioral health floors
 - Monarch - Youth Facility Based Crisis —> Phone: (704) 206-2342, option 8

Charlotte Area: Resources/Support groups:

- The Greater Charlotte Hope Line (980-771-4673) is a 24/7 hotline for Mecklenburg County residents seeking help for parenting support, domestic violence and sexual assault.
 - This free resource is confidential, safe, and staffed by highly trained advocates who have the knowledge and empathy necessary to help those who call.
 - We provide a single source for crisis intervention services as well as support and prevention programming through education, guidance, emotional support and referrals to appropriate community services.
- KinderMourn: 704.376.2580 –
 - KinderMourn provides hope for bereaved parents, grieving children and teens by offering support and counseling programs, creating awareness of bereavement issues and empowering the community to effectively assist those who have suffered an unthinkable loss.
- NAMI Charlotte Helpline: 704-333-8218 (not a crisis line) –
 - Volunteer resource specialists provide information & support to callers & visitors, including consumers, family members & professionals.
- Mental Health America (MHA's) ParentVOICE
 - Program offers separate monthly support groups for parents and youth, for children and adolescents with behavioral, emotional, and mental health challenges.
 - Call (704) 365-3454 or visit our ParentVOICE page to learn more about Cabarrus and Mecklenburg opportunities.
- Hope After Suicide Loss
 - A peer facilitated support group for those who have experienced the death of a loved one by suicide. Davidson LifeLine's Jaletta Desmond is an American Foundation for Suicide Prevention (AFSP) trained peer facilitator. The group meets the second Thursday of every month throughout the year. Open to anyone (18+) who has lost a family member or friend to suicide. Contact Jaletta for registration and details at hopeafterws@gmail.com Phone: (980) 689-0136