



Hemophilia and Thrombosis Center
University of North Carolina at Chapel Hill
CB# 7016
Chapel Hill, NC 27599-7016

Phone 919-966-4736
Toll Free 866-443-8096
Fax 919-962-8224

www.med.unc.edu/htcenter
After hours/weekend call
Hematologist on call: 984-974-1000

Mental Health Resources

Crisis Resources include:

- In the event of an emergency (somebody is trying to hurt themselves or others, drug overdose, active dangerous psychotic event, domestic violence, or other imminently dangerous situation) please call 911. If police are required you should request a CIT Officer if available in your county. These are police officers who are trained to manage mental health situations.
- National Suicide Prevention Life Line [1-800-273-8255](tel:1-800-273-8255)
<https://suicidepreventionlifeline.org/>
- Crisis Text Line- text "HOME" to 741741
<https://www.crisistextline.org/>
- Local Managed Care Organizations (MCO's): <https://www.ncdhhs.gov/providers/lme-mco-directory>

You can use the link above to search for the Managed Care Organization that serves your county. All of the MCO's should have a 24/7/365 crisis line that a people can call to access a licensed clinician for an over-phone assessment and possible dispatch of mobile crisis and assessment. Crisis clinicians may also make recommendations for the person in crisis to be taken to a walk-in crisis center/or 911 dispatch depending on the situation. Typically the Managed Care Organizations only work with people who have Medicaid, but the crisis services are available to anybody.

- To do a search for mental health crisis walk-in centers by county please visit <https://www.ncdhhs.gov/assistance/mental-health-substance-abuse/crisis-services>

If no walk-in crisis center is available in you county, please go to closest Emergency Department. If the person in crisis cannot be safely transported to a walk-in crisis center or Emergency Department, please call 911.

Other Non-Crisis Resources include:

If you do have Medicaid, you can call the Managed Care Organization that serves your county for non-urgent referrals to different levels of mental health services included but not limited to: comprehensive clinic assessment, Outpatient therapy, Intensive-in-home therapy, Multi-systemic therapy, Substance abuse intensive outpatient therapy, medication management, etc.

Cutis Gray, MSW
919-966-4736 ext 3
Last updated 4/22/2020



Hemophilia and Thrombosis Center
University of North Carolina at Chapel Hill
CB# 7016
Chapel Hill, NC 27599-7016

Phone 919-966-4736
Toll Free 866-443-8096
Fax 919-962-8224

www.med.unc.edu/htcenter
After hours/weekend call
Hematologist on call: 984-974-1000

To find your local managed care organization please visit:
<https://www.ncdhhs.gov/providers/lme-mco-directory>

- If you are looking for outpatient therapy services, you can obtain a referral from your PCP.

You can also use the “Psychology Today” database to find a local mental health provider. If you Google “Psychology Today therapists for _____ County, NC” and put the name of your county in the empty space a link should come up that will allow you to see profiles for licensed therapists that are registered in the database. Call your insurance provider and the mental health provider you are interested in to verify that insurance will pay for it and the mental health provider is in network with your insurance policy.