

## Local Resources

### Mental Health & Substance Use Disorders & Suicide Prevention

Resource	Description	Address/Phone
<b>Students</b>		
<b>Counseling and Psychological Services (CAPS)</b>	Brief counseling, crisis therapy, psychiatric treatment, emergency medical withdrawal. Walk-in appointments 8:00a-5:00p weekdays	Campus Health Services James A. Taylor Building 320 Emergency Room Drive Chapel Hill, NC 27599 919-966-2281 <a href="https://caps.unc.edu/">https://caps.unc.edu/</a>
<b>UNC Care Team</b>	Outreach, information and referral for UNC students of concern	<a href="https://odos.unc.edu/urgent-concerns/care-team">https://odos.unc.edu/urgent-concerns/care-team</a>
<b>Employees</b>		
<b>Employee Assistance Program (EAP)</b>	24/7 support, resources and information on mental health, legal, financial, work-life issues. FREE calls/visits for employees and family members.	Phone: 1-877-314-5841 Online: <a href="http://guidanceresources.com">guidanceresources.com</a> WEB-ID: TARHEELS
<b>Emergencies/Crises</b>		
<b>Emergency room</b>	Go to local hospital ER	Phone: 911
<b>National Suicide Prevention Lifeline</b>	Crisis hotline, information and referral  Veterans – for veteran hotline	1-800-273-TALK(8255) Text Connect to 741741 1-800-273-TALK(8255) Press #1
<b>The Trevor Project</b>	Crisis/Suicide for LGBTQ Youth	Phone: 1-866-488-7386
<b>Trans Lifeline</b>	Hotline for persons who are transgender	Phone: 1-877-565-8860
<b>Your Life Your Voice</b>	Teen crisis hotline	Phone: 1-800-448-3000
<b>Hopeline NC</b>	Local crisis/suicide prevention helpline	Phone: 919-231-4525
<b>Mobile Crisis Units</b>	Crisis response, stabilization and intervention for mental health and substance use related crisis	Orange/Person Counties: 1-877-967-8844 Durham/Wake/Johnston: 1-800-510-9132
<b>Veterans Crisis Line</b>	Crisis line for veterans Information for veteran's assistance	Phone: 1-800-273-8255, Text 838255, or Confidential Chat <a href="http://veteranscrisisline.net">veteranscrisisline.net</a> .
<b>Magistrates Office</b>	Involuntary Commitment	<a href="https://www.ncdhhs.gov/assistance/mental-health-substance-abuse/involuntary-commitments">https://www.ncdhhs.gov/assistance/mental-health-substance-abuse/involuntary-commitments</a>
<b>Provider Resources</b>		
<b>Cardinal Innovations Healthcare (Orange Chatham, Alamance, &amp; Person)</b>	Get Help - will link individual with services.	Call Line: 1-800-939-5911 <a href="http://Cardinalinnovations.org">Cardinalinnovations.org</a>
<b>Alliance Behavioral Health (Durham, Wake, Johnston)</b>	Get Help - will link individual with services.	Call Line: 1-800-510-9132 <a href="https://www.alliancebhc.org/">https://www.alliancebhc.org/</a>
<b>Find local therapist</b>		<a href="https://www.psychologytoday.com/us/therapists">https://www.psychologytoday.com/us/therapists</a>
<b>Find online therapists</b>		<a href="https://www.goodtherapy.org/">https://www.goodtherapy.org/</a>

<b>Mental Health And Substance Use Services</b>		
<b>UNC Center for Excellence in Community Mental Health</b>	Treatment and support services for people with severe mental illness, substance use disorders and intellectual or developmental disabilities	200 N. Greensboro St. Suite C-3 Carrboro, NC 27510 919.962.4919
<b>Freedom House Recovery Center</b>	Walk-in crisis and detox, residential and outpatient mental health and substance abuse treatment for adults and children	104 New Stateside Dr. Chapel Hill, NC 27516 Phone: 919-967-8844
<b>El Futuro</b>	Mental Health/Substance Use Treatment & Service for Latinos	Durham & Siler City Phone: 919-688-7101 Ext 600
<b>Mental Health Services</b>		
<b>Carolina Outreach LLC</b>	Services for people with severe mental illness	Durham, Raleigh, Clayton Phone: 919-251-9009
<b>Lutheran Services Carolinas</b>	ACT Team services for people with severe and persistent mental illness	Chapel Hill, Durham Phone: 919-688-7606
<b>Substance Use Services</b>		
<b>TROSA (Triangle Residential Options for Substance Abuse)</b>	Residential program for recovering drug / alcohol abuse	James St, Durham, NC 27707 Phone: 919-419-1059
<b>UNC Horizons Women</b>	Residential & outpatient substance abuse recovery program for pregnant women and mothers and their children	127 Kingston Drive Chapel Hill, NC 27514 Phone: 919-966-9803
<b>Support Groups</b>		
<b>Alcoholics Anonymous (Alamance/Orange/Chatham)</b>	Self-help support groups for persons with alcohol use disorder	Phone: 1-866-640-0180 Chapel Hill: 919-933-3877
<b>Narcotics Anonymous Helpline</b>	Self-help support groups for persons with substance use disorder	Phone: 919-831-5321 Chapel Hill: 919-956-5900
<b>Al-Anon/Alateen Family groups</b>	Self-help support groups for family members of persons with alcohol use disorder	Phone: 1-800-243-4035 Chapel Hill: 919-929-0155
<b>NAMI - National Alliance on Mental Illness</b>	Support and education programs for family, peers, and military.	Phone: 1-800-451-9682 mail@naminc.org
<b>Survivors of Suicide Loss</b>	Support group for those who have lost a loved one to suicide	Phone: 919-962-4988 trianglesuicideprevention.org
<b>Depression Bipolar Support Group</b>	Self-help support group for people who are in treatment for Depression or Bipolar Disorders	302 West Weaver Street Carrboro, NC 27510 Phone: 919-942-8083
<b>Club Nova</b>	Support/employment programs for persons with severe mental illness	103 D West Main St Carrboro, NC 27510 Phone: 919-968-6682