

APEX CERT – MENTAL HEALTH RESOURCES

EMERGENCIES & CRISES

EMERGENCIES – dial 911

[NATIONAL SUICIDE PREVENTION LIFELINE](#) – call 800-273-8255

[VETERANS CRISIS LINE](#) – call 800-273-8255 & press 1

[CRISIS TEXT LINE](#) (mental health crisis) – text 741741

[HOPELINE NC](#) (crisis/suicide prevention) – call or text 919-231-4525 or 877-235-4525

[YOUR LIFE YOUR VOICE](#) (teen crisis hotline) – call 800-448-3000 / text VOICE to 20121

[THE TREVOR PROJECT](#) (crisis for LGBTQ youth) – call 866-488-7386 / text START to 678-678

[TRANS LIFELINE](#) (hotline for transgender persons) – call 877-565-8860

[SAMHSA DISASTER DISTRESS HELPLINE](#) – call 800-985-5990

Offers crisis counseling for emotional distress related to any natural or human-caused disaster

MOBILE CRISIS SERVICES

For crisis response, stabilization & intervention for mental health or substance misuse

[ALLIANCE HEALTH](#) – Durham, Wake, Cumberland, & Johnston counties – call 800-510-9132

[CARDINAL INNOVATIONS](#) – Orange, Chatham, Alamance & other counties – call 800-939-5911

[SANDHILLS](#) – Lee, Harnett & other counties – call 800-256-2452

COPING WITH COVID-19

Managing your mental health during COVID-19 ([LINK](#))

Tips to help teens cope during COVID-19 ([LINK](#))

Supporting a loved one during COVID-19 ([LINK](#))

How to know if someone is experiencing anxiety or depression ([LINK](#))

How to help someone experiencing anxiety or depression ([LINK](#))

Self-care while social distancing ([LINK](#))

Coping with stress during COVID-19 ([LINK](#))