



SCHOOL OF MEDICINE  
Psychiatry



# Mental Health and Community Resources

Johnston County and  
Surrounding North Carolina Counties

ACCESS Mental Health

**Please note:** This resource is a guiding tool to identify local mental health and community resources in Johnston County and surrounding North Carolina counties. The listed resources are not fully inclusive and may not be up to date at the time of use. Inclusion on this list is not an endorsement from the UNC-CH ACCESS Mental Health or the UNC-CH Behavioral Health Springboard.

For more information on local resources, visit [NC211.org](https://nc211.org), or call 211 or 1-888-892-1162.

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# Crisis Hotlines

## National Hotlines

### 988 SUICIDE & CRISIS LIFELINE

**Call or Text: 988**

**<https://988lifeline.org> or <https://988lifeline.org/chat> for their online chat services**

The Lifeline provides 24/7, free and confidential support, and prevention and crisis resources for everyone, with services available in both English and Spanish.

\*Please note that to-date, police are not automatically called; however, counselors who feel there is a severe threat may provide your information (e.g., name, IP address, phone number) to police.

### YOUR LIFE YOUR VOICE

**Call 1-800-448-3000 or text VOICE to 20121**

**<https://www.yourlifeyourvoice.org/pages/home.aspx>**

A free and confidential 24/7 teen crisis hotline that also offers e-mail and text services.

\*Please note, if they believe that sharing your personal information will keep you safe from immediate harm, they will likely contact the police.

### CRISIS TEXT LINE

**Text "HOME" to 741-741**

**<https://www.crisistextline.org/>**

The Crisis Text Line provides free and confidential, 24/7, text-based mental health support and crisis intervention through a community of trained volunteers to support people in their moments of need. \*Please note, they will contact police emergency services if it is deemed absolutely necessary for your safety.

### MENTAL HEALTH AMERICA (MHA)

**Call: 703-684-7722**

**<https://screening.mhanational.org/get-help/>**

MHA offers free screening for individuals who feel as though they are experiencing a mental health crisis.

### HOPELINE NORTH CAROLINA

**Call or text 919-231-4525**

**<https://www.hopeline-nc.org/>**

The free and confidential crisis line is available 24/7, and the text line is open Monday-Friday 3pm to 9pm.

\*Police may be contacted if deemed absolutely necessary for your safety.

## Mobile Crisis Units

### MOBILE CRISIS UNITS

**Orange/Person Counties – Call: 1-866-275-9552**

**Durham/Wake/Johnston Counties – Call: 1-800-510-9132**

**<https://crisissolutionsnc.org/>**

Mobile Crisis teams can meet you in a safe location and provide short-term crisis response, stabilization, and intervention for individuals experiencing mental health and substance abuse related crisis.

\*Please note that some of these mobile units may still rely on police partnerships.

### THERAPEUTIC ALTERNATIVE MOBILE CRISIS UNIT

**Call: 877-626-1772**

**<https://www.mytahome.com/mobile-crisis/>**

Mobile Crisis response provides 24/7 immediate evaluation, triage and access to acute MH/DD/SA services, treatment and supports. These services include immediate telephonic response to assess the crisis and determine the risk, mental status, medical stability and appropriate response.

## Additional Hotlines

### VETERANS CRISIS HOTLINES

**Call: 988, press option 1**

**<https://www.veteranscrisisline.net/>**

The Veterans Crisis Hotline provides 24/7 free, private help to veterans and their families.

### WARMLINES

**<https://www.warmline.org/>**

Warmlines is an alternative to a crisis line that is run by "peers," generally those who have had their own experiences of trauma, and are primarily there to listen. Phone numbers vary by state.

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION

**<https://afsp.org/>**

**<https://afsp.org/suicide-bereavement-trained-clinicians/>**

AFSP provides information, resources, and supports for individuals experiencing suicide loss or suicide crisis. Suicide Bereavement Trained Clinicians are available as well.

# Johnston County Mental Health Providers

## Child and Adolescent Services

### **CATCH - JOHNSTON**

**Call: 984-974-1619**

**[unc.live/3TW7ZOA](https://unc.live/3TW7ZOA)**

UNC behavioral health providers partner with Johnston County organizations to offer private spaces and the needed technology to hold virtual services for children and adolescents.

### **HOPE CENTER**

**Call: 1-877-888-7849**

**<https://www.kidspeace.org/the-hope-center/>**

The Hope Center is a Behavioral Health Urgent Care and Crisis Service to youth and families that provides 24/7/365 access to assessment, stabilization, and treatment planning. Services are available to children 4 to 17 years old.

### **URGENT CARE - MONARCH BEHAVIORAL HEALTH**

**Call: 919-703-284**

**<https://monarchnc.org/>**

Monarch Behavioral Health Urgent Care is located in Raleigh, NC and provides services for anyone ages four and up who is experiencing a mental health or substance abuse crisis. Interpreter services can be arranged for patients.

### **JOHNSTON PUBLIC HEALTH DEPT - BEHAVIORAL HEALTH**

**Call: 919-989-5500**

**<https://www.johnstonnc.com/health/content.cfm?pageid=mentalhealth/>**

Johnston Behavioral Health offers outpatient services to children and adults that include psychiatric, nursing, clinical, and case management options. Walk-in crisis options are available Monday-Friday 8am-5pm.

### **ALLIANCE HEALTHCARE**

**Call: 919-651-8401**

**<https://www.alliancehealthplan.org/>**

Alliance Health serves people in NC's Cumberland, Durham, Johnston, Mecklenburg, Orange and Wake counties who are insured by Medicaid or are uninsured. The Center is open 24 hours, 7 days a week and offers a variety of treatments.

## Spanish-Speaking Services

### **PATHWAYS TO LIFE**

**Call: 919-351-0428**

**<https://www.pwstolife.com/>**

Pathways to Life provides both youth and adult counseling for individuals five and up. They offer interpreter services and a Spanish speaking clinician. Accepted insurances include IPRS, Medicare, all five medicaid PHP's (Amerihealth, Carolina Complete, Healthy Blue, United Healthcare Medicaid, Wellcare), and BCBS.

### **YOUTURN COUNSELING**

**Carlos Lopez, MS, LCMHC, LCAS**

**Call: 984-242-0291**

**<https://youturncounseling.com/our-team/>**

Carlos is a bilingual counselor who treats mental health issues including anxiety, depression, behavioral problems, family troubles, parenting, and grief/loss. Accepted insurances include: BCBS, Aetna, United, Medcost, Cigna and Self Pay.

## Adult Services

### **RESTORATION FAMILY SERVICES**

**Call: 919-938-9502**

**<https://www.restorethefamily.org/>**

Restoration Family Services works to integrate medical, psychiatric, behavioral, mental health, and substance use professionals to collaborate together in providing holistic and patient-centered care. RFS offers behavioral integration services, clinical assessments, substance abuse intensive outpatient services, individual and group therapy, and much more.

### **JOHNSTON COUNSELING SERVICES**

**Call: 919-938-0921**

**<https://johnstoncounseling.com/>**

Johnston Counseling Services provides counseling services to adults with a specific focus on substance abuse and DWI assessments. JSI offers both individual and group therapy options, as well as ADETS (Alcohol Drug Education Traffic School) classes. This service is self-pay only.

# Johnston County Mental Health Providers

## Trauma, PTSD, and Addiction

### **ONE-EIGHTY COUNSELING**

**Call: 919-772-1990**

**<https://one-eightycounseling.com/>**

One Eighty Counseling provides comprehensive mental health and substance abuse counseling to children, adolescents, and adults. This group practice offers a team of therapists that specialize in a variety of fields, such as trauma, faith-based therapy, and addiction. Faith-based therapists are located in the Clayton and Garner locations.

### **LIVING BEYOND IT - COUNSELING AND CONSULTATION**

**Renee Adams, MS, LCMHCS, LCAS, CCS**

**Call: 919-623-8343**

**<https://livingbeyondit.com/>**

Renee Adams provides counseling services to any life issues an individual is facing. She specializes in trauma, PTSD, coping skills, and addiction. Each session costs \$100-\$175 and can be paid by ACH Bank transfer, American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Paypal, Visa, Wire.

## Grief and Loss

### **JOHNSTON INTEGRATIVE COUNSELING PLLC**

**Pam Kuras, MSW, LCSW, GC-C**

**Call: 919-912-5736**

**<https://www.jococounseling.com/>**

Johnston Integrative Counseling provides adult grief counseling by using the latest evidence-based treatments. Pam Kuras is a Certified Grief Counselor and specializes in sudden traumatic death and grief.

## Marriage and Family Therapy

### **HAYMOUNT INSTITUTE FOR PSYCHOLOGICAL SERVICES**

**Christopher Ketchman, Psychologist, PsyD**

**Call: 910-719-3087**

**<https://haymountinstitute.com/>**

The Haymount Institute provides both counseling and psychological testing to its patients. Marriage and family counseling is available through several trained therapists.

## Disordered Eating Recovery

### **CAROLINA HOUSE**

**Call: 844-243-5695**

**<https://www.carolinaeatingdisorders.com/>**

The Carolina House provides treatment for Anorexia, Bulimia, Binge-Eating Disorder, Body Dysmorphic Disorder, Orthorexia, and Co-Occurring Disorders through various forms of care, depending on the level of support needed. Treatments include residential 24/7 care, partial hospitalization, and intensive outpatient programs. Patients must be 17 or older to be accepted.

## Faith-Based Services

### **LORA S. WILLIAMS, LCSW**

**<https://www.psychologytoday.com/us/therapists/lora-s-williams-garner-nc/161791/>**

Lora is a Christian counselor who combines a strong Biblical worldview with evidence-based clinical techniques to provide successful treatment outcomes.

### **ABUNDANT GRACE COUNSELING AND CONSULTATION**

**Call: 919-763-2983**

Abundant Grace Counseling offers Christian counseling. Services include coaching, marital and family therapy, reality therapy, and trauma-focused therapy.

### **ARMSTRONG CENTER FOR HOPE**

**<https://armstrongcfh.com/>**

The Armstrong Center for Hope works to combine psychology and spirituality services to help support the growth of their clients. Services are open to children, adolescents, and adults.

### **HOUSE OF HOPE**

**<https://www.houseofhopeofnc.com/>**

The House of Hope serves girls and their families with a passion for Christ-centered, clinical counseling. The organization offers residential programs, out-patient counseling, and support groups.

### **GREENLEAF PSYCHOLOGICAL & SUPPORT SERVICES**

**<https://www.turntogreenleaf.com/>**

Greenleaf provides mental health services through clinicians competent in religious and spiritual practices. Telehealth services are available for clients outside of the Triangle area.

# Local Mental Health Resources

## Treatment Services

### CAROLINA OUTREACH

Call: 919-300-4315

<https://www.carolinaoutreach.com/>

Carolina Outreach provides a comprehensive and integrative array of behavioral health services and supports for people of all ages with varying levels of need utilizing an equitable and inclusive approach.

### COMMWELL HEALTH

Call: 1-877-935-5255

<https://commwellhealth.org/>

Commwell health provides sliding scale outpatient services for adults, adolescents, and children over the age of five. They offer medications for Opioid Use Disorder for individuals struggling with substance abuse.

### MINDPATH HEALTH

Call: 919-550-3323

<https://www.mindpath.com/location/clayton/clayton>

Mindpath clinicians meet you where you are, providing online and in-person therapy, counseling, and psychiatry services including medication management and Transcranial Magnetic Stimulation (TMS). They accept insurance including BlueCross BlueShield, Cigna, and Friday Health Plans.

### RHA SERVICES

<https://rhahealthservices.org/>

RHA Services help individuals with intellectual and developmental disabilities and mental health and substance use needs live their best lives. Services include disability services, behavioral health services, and care management.

### UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH

<https://www.med.unc.edu/psych/cecmh/>

The mission of the center is to promote the recovery of persons with mental illness in North Carolina through evidence-based and cost-effective prevention and treatment.

## Support Services

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) NC

<https://naminc.org/>

<https://namijoconc.org/>

Helpline: 800-451-9682

Textline: 919-999-6527

NAMI NC provides free education programs and support groups to individuals, works to raise public awareness and advocacy, and its helpline and textline provides support and information to North Carolinians.

### NC 211

Call: 2-1-1 or 1-888-892-1162

<https://nc211.org/>

NC 211 is an information and referral service to receive free and confidential information on health and human services within their community.

### FREEDOM HOUSE RECOVERY CENTER

Call: 919-942-2803

<https://freedomhouserecovery.org/>

The Freedom House Recovery Center offers support for those experiencing a mental health and/or substance use crisis through offering several services, including 24-hour observation chairs, crisis stabilization, detoxification from alcohol/drugs, mobile crisis, walk-in services, and telepsychiatry.

## Combined Services

### NC LME-MCO DIRECTORY (PEER SUPPORT SPECIALISTS)

<https://www.ncdhhs.gov/providers/lme-mco-directory>

In North Carolina, peer support specialists are assigned through agencies. The LME-MCO Directory allows users to find the appropriate agency for their location to access peer support services.

# Community Resources

## Housing Resources

**COMMUNITY ACTION - RAPID REHOUSING PROGRAM**  
Call: 919-634-4439

<https://www.jlhcommunityaction.org/rapid-re-housing/>

Johnston County Rapid Re-Housing is a program designed to house homeless individuals and/or families that HUD defines as people who are living in a place not meant for human habitation, in emergency shelter, in transitional housing or an existing institution where they temporarily reside.

**SMITHFIELD RESCUE MISSION**  
Call: 919-934-9257

<https://smithfieldrescue.org/>

Smithfield Rescue Mission provides shelter, life necessities, and faith-based programs to individuals facing poverty and homelessness. Smithfield is a non-denominational Christian ministry but welcomes individuals of all beliefs and backgrounds.

## Food Resources

**WEST JOHNSTON FOOD PANTRY**

**Serves: McGee and Cleveland Communities**

<https://www.westjohnstonfoodpantry.org/>

West Johnston Food Pantry distributes free, nutritious foods to Johnston County residents every Tuesday from 3:30-4:30pm. This food pantry is located behind West Johnston High School in Portable #2.

**SMITHFIELD AREA MINISTRIES' FOOD CLOSET**

**Serves: Open to Anyone**

Call: 919-934-2145

<https://smithfieldareaministries.wordpress.com/>

The Smithfield Food Pantry is open twice a week to anyone in need of food. Each person or family is allowed to come once a month to choose items from the Food Pantry shopping list.

## Veteran Services

**JOHNSTON COUNTY VETERANS SERVICES**  
Call: 919-989-5067

<https://www.johnstonnc.com/veteranssvcs/>

The Johnston County Veterans Services Office assists eligible Veterans, their dependents and/or surviving spouses, children of deceased Veterans, members of the Reserves or National Guard, and active-duty service members in applying for benefits and services from the Department of Veterans Affairs and the North Carolina Division of Veterans Affairs.

**UNITED SERVICE ORGANIZATIONS (USO) NORTH CAROLINA**

Call: 919-981 9707

<https://northcarolina.uso.org/programs/>

The USO North Carolina offers veterans and troops proudly serving a number of resources, programs, events, and community building activities.

## Violence Prevention

**HARBOR OF JOHNSTON COUNTY**

Call: 919-938-3566

<https://harborshelter.org/>

Harbor of Johnston County is a shelter for women and children who are victims of domestic and/or sexual violence. The Harbor shelter provides a 24-hour crisis line that gives support and guidance to help start building your new life. Other services include court advocacy, transition programs, and crisis intervention.

## Transportation

**JOHNSTON COUNTY AREA TRANSIT SYSTEM (JCATS)**

Call: 919-202-5030

<https://www.cssjohnston.org/wwwjcatsorgservices/>

JCATS operates a fleet of over thirty (30) buses and vans which are ADA compliant to assist those with specialized needs. JCATS offers transportation through contracting human service agencies and for the general public. All buses are equipped with wheelchair lifts.



# Mental Health Educational Resources

## BIPOC Mental Health Resources

### **MENTAL HEALTH AMERICA BIPOC**

**<https://mhanational.org/bipoc/>**

MHA's online BIPOC Mental Health Resource Center offers a wealth of information and tools to bring light to the unique experiences of BIPOC communities and empower and uplift BIPOC individuals on their mental health journeys. They provide various resources, such as webinars and advocacy opportunities.

### **AFRICAN-AMERICAN FAITH-BASED MENTAL HEALTH (AAFBMH) ONLINE RESOURCE LIBRARY**

**<https://aafbmh.org/>**

The African-American Faith-Based Mental Health Initiative is a movement of churches working together to increase the awareness and perceptions of mental health, recovery and wellness in African American communities. The AAFBMH initiative has created a Resource Library to provide information to help faith leaders' better support their congregants and families who are facing mental health challenges.

### **AAKOMA PROJECT**

**<https://aakomaproject.org/>**

The AAKOMA Project works to directly address the mental health of Youth and Young Adults of Color (YYAC) via three key populations: intersectional YYAC, their families and communities, and relevant system actors. AAKOMA works to raise awareness, conduct community-collaborative research, and encourage young people to lead culturally relevant mental health conversations.

### **BLACK MENTAL WELLNESS**

**<https://www.blackmentalwellness.com/>**

The mission of Black Mental Wellness is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

## General Mental Health Education

### **MENTAL HEALTH AMERICA**

**<https://mhanational.org/>**

Mental Health America is the nation's leading national nonprofit dedicated to the promotion of mental health, well-being, and condition prevention.

### **JED FOUNDATION**

**<https://jedfoundation.org/>**

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today and tomorrow.

### **AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY (AACAP)**

**<https://www.aacap.org/>**

AACAP is a non-profit professional association dedicated to facilitating psychiatric care for children and adolescents.

### **AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)**

**<https://www.apa.org/>**

The APA is a scientific and professional organization that represents psychologists in the United States.

### **AMERICAN PSYCHIATRIC ASSOCIATION**

**<https://www.psychiatry.org/>**

The APA works to promote psychological science and knowledge to benefit society and improve lives.

### **NATIONAL ASSOCIATION OF SOCIAL WORKERS (NASW)**

**<https://www.socialworkers.org/>**

The NASW works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

## Rural Education

### **RURAL MINDS**

**<https://www.ruralminds.org/>**

Rural Minds is the only national 501c3 nonprofit focused solely on providing the 46 million people in rural America with free information and resources to confront rural mental health challenges and the stigma that surrounds mental illness. Their vision is to end the suffering, silence and stigma around mental illness in rural America.

# National Mental Health Resources

## Spanish-Language Assistance

### AMERICAN PSYCHIATRIC ASSOCIATION (APA) – LA SALUD MENTAL

<https://www.psychiatry.org/patients-families/la-salud-mental/>

APA La Salud Mental is a website that provides evidence-based information on mental health and substance use disorders for Spanish-speaking communities in the United States. They offer mental health testing, brochures, and other resources in Spanish.

### NATIONAL ALLIANCE FOR HISPANIC HEALTH (NAHH) SU FAMILIA

Call: 1-866-783-2645

<https://www.healthymamericas.org/help-line/>

The NAHH Su Familia program provides free, reliable and confidential health information in Spanish and English for families and individuals. Hours are Monday – Friday, 9 am to 6 pm ET.

### NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH) Call: 1-866-615-6464 (Spanish and English help available)

<https://infocenter.nimh.nih.gov/publications/espanol>

The NIH assists individuals with specific mental health-related questions and have free publications that people can order including Spanish language publications. Hours for the helpline are Monday – Friday, 8:30 am – 5 pm EST.

### LATINX THERAPY

<https://latinxtherapy.com/>

Latinx Therapy is a national directory for Latinx Therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, national directory, and culturally-grounded workshops and services.

## LGBTQ+ Mental Health Services

### THE TREVOR PROJECT

Call: 1-866-488-7386 or Text: 678-678

<https://www.thetrevorproject.org/> (regular website)

<https://www.thetrevorproject.org/webchat/> (chat services)

A free and confidential, 24/7 support (chat, text, or phone call) for LGBTQ (lesbian, gay, bisexual, transgender, queer, & questioning) youth experiencing any mental health crisis.

\*Please note, they may call the police/emergency services if they feel you are at risk of serious threat of injury or death.

### TRANS LIFELINE

Call: 877-565-8860

<https://translifeline.org/>

Trans Lifeline is a peer support & crisis hotline serving transgender people by offering phone support & microgrants. It is also the only suicide hotline whose operators are all transgender.

\*As an abolitionist organization that is fully divested from police, they will **not** involve 911, police, or emergency responders on any of calls without the explicit request & informed consent of callers. They also do not reroute calls to other hotlines.

### PROJECT LETS

Call: 877-565-8860

Text: 401-400-2905 (for psychiatric incarceration/involuntary hospitalization)

<https://projectlets.org/crisis-support/>

Project LETS offers support to trans individuals in crisis or approaching a crisis without police involvement as well as support to family & friends of the individual experiencing crisis.

## Mental Health Professional Database

### PSYCHOLOGY TODAY

<https://www.psychologytoday.com/us/>

Psychology Today is an online directory to search for mental health treatment providers such as therapists, psychiatrists, treatment centers, and support groups. The website allows users to filter by location, insurance, and types of therapy.

# National Resources

## Housing Services

### USAGOV

<https://www.usa.gov/housing-help/>

Resource hub for finding information about rental, home buying, and home repair assistance programs, as well as emergency housing and avoid foreclosure and eviction.

### U.S. DEPARTMENT OF HOUSING & URBAN DEVELOPMENT (HUD)

<https://www.hud.gov/>

Resource hub designed to help individuals and families gain access to affordable housing that is safe and secure.

## Food Services

### FEEDING AMERICA

<https://www.feedingamerica.org/take-action/advocate/federal-hunger-relief-programs/>

Resource hub for browsing federal food assistance programs including SNAP benefits, the School Lunch program, and more.

### USAGOV

<https://www.usa.gov/food-help/>

Resource hub focused on the SNAP food assistance program, how to apply, check your benefits, and emergency food assistance.

## Disordered Eating Recovery

### ROCK RECOVERY

Call: 571-255-9906

<https://www.rockrecoveryed.org/>

Rock Recovery is an eating disorder therapy nonprofit dedicated to outpatient eating disorder therapy and making support more accessible and affordable for all. They offer Virtual Faith-Based Support Groups to individuals 14+.

### NATIONAL EATING DISORDER ASSOCIATION (NEDA)

Call: 212-575-6200

<https://www.nationaleatingdisorders.org/resource-center/>

NEDA offers a resource hub that connects you with resources for loved ones, students, patients, and resources for self too. They also offer free screenings, appropriate for ages 13 and up, that can help determine if it's time for some support, and connect you with treatment or support options appropriate for you, based on the way you answer questions.

### NATIONAL ASSOCIATION OF ANOREXIA NERVOSA & ASSOCIATED DISORDERS (ANAD)

Call: 1-888-375-7767

<https://anad.org/>

ANAD is committed to providing free, peer support services to anyone struggling with an eating disorder. They offer a helpline, recovery mentors, peer support groups and a resource hub for finding information for yourself and/or a loved one.

## Substance Use Recovery

### NATIONAL REHAB HOTLINE

Call: 866-210-1303

<https://nationalrehabhotline.org/>

The free, 24/7 National Rehab Hotline (also referred to as the National Substance Abuse Hotline) helps to answer your questions about drug or alcohol addiction or assists you in finding a local narcotics or alcoholics anonymous group. They may also provide treatment suggestions, immediate crisis support and intervention, or guide you toward local resources.

### NARCOTICS ANONYMOUS (NA), ALCOHOLICS ANONYMOUS (AA) & AL-ANON

<https://www.aa.org/>

<https://na.org/>

<https://al-anon.org/>

NA and AA are self-help support group for persons with substance use and/or alcohol use disorder. You can visit the main website to find local chapters, NA/AA meetings, and supports near you. Al-Anon Family Groups, is an international mutual aid organization for people who have been impacted by another person's alcoholism.

# ACCESS Mental Health

