



Acute Care and Crisis Resources

CALL 911 if this is a medical or life threatening emergency.

If you need the police, **ask for a CIT officer**. They have received extra training on handling these situations.

If this is NOT a medical or life threatening emergency, look in the directory below for resources in your county.

**FIND HELP FOR A MENTAL HEALTH OR SUBSTANCE USE CRISIS
IN YOUR COUNTY: <http://crisissolutionsnc.org/>**

**Crisis Services for WAKE COUNTY: [Alliance Behavioral Healthcare](https://www.alliancehealthplan.org/consumers-families/crisis-services/) or
<https://www.alliancehealthplan.org/consumers-families/crisis-services/>**

**YOU HAVE A CHOICE ABOUT HOW TO GET SERVICES
WHEN YOU ARE IN A CRISIS**

Phone First...

Alliance Behavioral Healthcare Access Center is available 24 hours a day, 7 days a week. Customer Service Specialists will assist you to find a crisis provider that is well-matched with your needs. Your local number is: **800-510-9132**.

If you already have a service provider, call them first. Providers who know you are usually best prepared to assist you in a crisis.

Have Support Come to You...

Crisis situations are often best resolved at home. **Mobile Crisis Teams** are available 24 hours a day in all counties. Professional counselors will speak with you and your family during a visit. They have an average response time of 2 hours. This service is provided by:

Therapeutic Alternatives
877-626-1772, <https://www.mytahome.com>

Go To A Crisis Center...

Many counties have a specialized crisis center where you can walk in for a crisis assessment and referrals to additional services. Appointments are not needed. The crisis center in your county is provided by:

UNC Health Care at Wakebrook
919-250-1260 | 107 Sunnybrook Rd, Raleigh NC 27610
24 hours a day, 365 days a year

<https://www.unccmedicalcenter.org/unccmc/hospitals-locations/profile/unc-health-care-crisis-and-assessment-services-at-wakebrook/>

SUICIDE HOTLINE:

Hopeline: 919-231-4525 or 877-235-4525 (call or text) | <https://www.hopeline-nc.org/>

National Suicide Prevention Hotline: 800-273-8255 | <https://suicidepreventionlifeline.org/>

SUICIDE ASSESSMENT / INPATIENT SERVICES / INTENSIVE OUTPATIENT SERVICES (IOP):

Triangle Springs: 919-746-8900 | <https://www.trianglesprings.com/>

UNC Wakebrook: 984-974-4800 | 107 Sunnybrook Rd. Raleigh, NC 27610
<https://www.uncmedicalcenter.org/uncmc/care-treatment/mental-health/unc-hospitals-at-wakebrook/>

Holly Hill Hospital: 919-250-7000 | <https://hollyhillhospital.com/>

Central Regional Hospital: 919-764-2000 | 300 Veazey Rd. Butner, NC 27509
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/central-regional-hospital>

Cherry Hospital: 919-947-7000 | 1401 West Ash St. Goldsboro, NC 27530
<https://www.ncdhhs.gov/divisions/dsohf/cherry-hospital>

Pasadena Villa Outpatient: (locations in NC, TN, & VA) <https://www.pasadenavillaoutpatient.com/>

Cary IOP: 844-779-7945 (call) | 919-466-7540 (text) | 206 High House Rd Suite 200, Cary NC 27513
<https://www.iopmentalhealth.com/#iop-mental-health>

DRUG and ALCOHOL:

R.J. Blackley Alcohol & Drug Abuse Treatment Ctr: 919-575-7928 | 100 H St. Butner, N.C. 27509
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/rj-blackley-alcohol-and-drug-abuse-treatment-center>

Pasadena Villa Outpatient: (locations in NC, TN, & VA) <https://www.pasadenavillaoutpatient.com/>

IDD CLIENTS:

Murdoch Developmental Center: 919-575-1000 | 1600 East C St. Butner, North Carolina 27509
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/murdoch-developmental-center>

Caswell Developmental Center: 252-208-4000, 2415 West Vernon Ave. Kinston, NC 28504
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/caswell-developmental-center>

J. Iverson Riddle Developmental Center: 828-433-2731, 300 Enola Rd. Morganton, NC 28655
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/j-iverson-riddle-developmental-center>