

General Resources:

- [NAMI](#)
 - North Carolina: (919) 788-0801
 - Wake County: (919) 848-4490
- [Wake Network of Care](#) - A comprehensive online resource data base for community resources and support.
- [Psychology Today](#) - To find therapists, psychiatrists, treatment centers and support groups.

Crisis and Assessment Centers:

- [UNC Health Care at WakeBrook](#)
107 Sunnybrook Road, Raleigh, NC
Open 24-hours (984) 974-4800

May go directly there if there is a question of imminent risk of harm to self or others. Another option is for the family to contact Holly Hill Hospital. These services are available 24/7 365 days a year. You may also inform the family to call 911 for immediate assistance or take their child to the nearest hospital emergency room.

- [Durham Recovery Response Center](#)
309 Crutchfield Street, Durham, NC
Open 24-hours (919) 560-7305

Behavioral Health Urgent Care:

- [Carolina Outreach Behavioral Health Urgent Care](#): 2670 Durham-Chapel Hill Boulevard, is open for adults and children. Monday-Thursday from 8:00am-7:00pm, on Fridays from 8:00am-3:00pm and on Saturday from 9:00am-noon. (919) 251-9009
- [Wake Behavioral Health Urgent Care](#): No appointment necessary / Same-day Walk-in services for people ages 4 and older with mental health and substance use disorders who are experiencing a crisis. 319 Chapanoke Road, Ste. 120. Monday –Thursday, 8 a.m. – 8 p.m. (last appointment at 7 p.m.), Friday, 8 a.m. – 3 p.m. (last appointment at 2 p.m.), Saturday, 8 a.m. – 1 p.m. (last appointment at noon). (919) 703-2845

Crisis Helpline/Referrals:

- [Hopeline](#): Crisis and suicide prevention helpline and texting service Crisis Line is available 24/5 Monday-Friday and 9am-11pm Saturday and Sunday. TextLine is available Monday-Friday 10am-10pm.
Crisis Line: *Call/Text 919-231-4525 or 877-235-4525*
- [Alliance Health](#): 24-hour help line and referral service serving Durham, Wake, Cumberland and Johnston Counties. *800-510-9132*.
- [InterAct](#): 24-hour crisis line for domestic violence and sexual assault. Domestic Violence *919-828-7740 or 866-291-0855* (toll-free) Sexual Assault *919-828-3005 or 866-291-0853* (toll-free)

Shelter(s):

- [Healing Transitions](#): Long-term, peer based residential services for the homeless addicted in Wake County. Women's Campus 3304 Glen Royal Rd, Raleigh, NC 27617. (919) 838-9800. Men's Campus/Administration 1251 Goode St Raleigh NC 27603 919-828-9800.

Counseling & Outpatient Services:

- [Triangle Family Services](#): Individual, marital, and family therapy. Also provides Psychiatric Consultation. 3937 Western Blvd, Raleigh, NC. Monday- Thursday 8:00 am-6:00 pm, Friday 8:00am-5:00pm, Saturday/Sunday Appt Only. 919-821-0790
- [New Leaf Behavioral Health](#): Provides individual, family and psychiatry services. Medicaid, Health Choice and other insurances accepted. 3725 National Dr #220, Raleigh, NC. Monday-Thursday 8:00 am-8:00 pm, Friday 8:00 am-6:00 pm. 919-781-8370
- [Hope Services, LLC](#): Outpatient, intensive in-home, day treatment. 3000 Highwoods Blvd, Raleigh, NC. 919-714-7500
- [Easter Seals of North Carolina](#): Individual, family and intensive in-home services. Medicaid and Health Choice accepted. 5171 Glenwood Ave #211, Raleigh, NC. Monday-Friday 8:30 am-5:00 pm. 1-800-662-7119

Club houses:

- [Monarch's Club Horizon](#): Increase community acceptance and improve the quality of life for adults with serious mental illness by facilitating meaningful work, education, housing, and social opportunities. 101 Forest Dr # B, Knightdale, NC. 919-266-2202
- [Threshold Club House](#): Helps adults with severe mental illness stay out of the hospital, succeed at work, advance their education, and reach their goals. 609 Gary St., Durham, NC. Monday-Friday 8:30 am-4:30 pm. Saturday, Sunday and Holidays 10am-3pm. 919-682-4124