

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

## UNC ON-CAMPUS & LOCAL RESOURCES

### UNC HEELS CARE NETWORK

<https://care.unc.edu>

The Heels Care Network provides support for all UNC-affiliated individuals, and access to the many mental health and well-being resources at Carolina. This website provides a list of different resources and information depending on your needs.

### UNC COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Call 919-966-2281

**After hours 24/7 line:** Call 919-966-3658

<https://caps.unc.edu>

CAPS provides brief counseling, crisis therapy, psychiatric treatment, group therapy, and emergency medical withdrawal. For initial visits, no appointments are needed between 9 AM to 12 PM and 1 PM to 4 PM.

### UNC PSYCHOLOGY & NEUROSCIENCE COMMUNITY CLINIC

Call 919-962-6906

<http://clinic.unc.edu>

The Clinic provides quality and affordable, sliding-scale psychological services, including assessments, to the Triangle community and UNC campus through specialty clinics for children, adolescents, adults, couples, and families.

### UNC PEER2PEER PROGRAM

<https://www.uncpeer2peer.com>

Open to any students at UNC, PEER2PEER is a student-led group that offers free one-to-one sessions to talk with a peer responder with the option of remaining anonymous. Per the website, all personal information and identity will be confidential. Options include Zoom, text, and phone calls. They are not experienced with providing support for life threatening or emergencies regarding mental health.

### UNC TAR HEEL NAVIGATORS

<https://mhcoalition.web.unc.edu/tar-heel-navigators>

Tar Heel Navigators is an acute, peer-based support for students who have spent time in the hospital due to a mental health crisis. Limited services may be available to students who did not spend any time in the hospital but have missed an extended amount of class for mental health reasons.

### UNC CENTER FOR EXCELLENCE IN COMMUNITY MENTAL HEALTH

Call 919-962-4919

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

This center provides treatment and support services for people with severe mental illness, substance use disorders, and intellectual or developmental disabilities

### UNC EMPLOYEE ASSISTANCE PROGRAM (EAP)

Call 1-877-314-5841

<https://guidanceresources.com> and web-ID: TARHEELS

The UNC EAP provides free calls and visits for employees and their family members, 24/7 support, resources and information regarding mental health, legal, financial, and work-life issues.

### FREEDOM HOUSE RECOVERY CENTER

Call 919-967-8844

<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 23-hour observation chairs, crisis stabilization, detoxification from alcohol/drugs, mobile crisis, walk-in services, and telepsychiatry.

### 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 use related crisis.

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

### 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, providing crisis intervention, suicide prevention, support, and referrals to community resources.

\*Please note that they will contact police if they feel you are in danger but will inform you before doing so.

For more information on national resources and referrals call SAMHSA's free, confidential, 24/7, 365-day National Helpline at 1-800-662-HELP (4357) or text 435748 (HELP4U)

## NATIONAL RESOURCES

### 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.

### THE TREVOR PROJECT

Call 1-866-488-7386 or text 678-678

<https://www.thetrevorproject.org> or

<https://www.thetrevorproject.org/webchat> for their chat services

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

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

### TRANS LIFELINE

Call 877-565-8860

<https://translifeline.org>

Trans Lifeline is a peer support and crisis hotline serving transgender people by offering phone support and 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 and informed consent of callers. They also do not reroute calls to other hotlines.

### 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. Individuals can contact the crisis counselor through texting or WhatsApp.

\* Please note, they will contact police emergency services if it is deemed absolutely necessary for your safety.

### 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://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.

### AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)

<https://afsp.org>

AFSP provides information, resources, and supports for individuals experiencing suicide loss or suicide crises.

Individuals can search for suicide loss groups, local chapters, mental health resources and information, and other supports depending on needs.