

You Are Not Alone

Where to find help for yourself or someone else

Medicaid, Health Choice, Underinsured, or No Insurance

Cardinal Innovations has representatives available 24-hours per day for information, referrals and crisis care. Callers can talk to a licensed clinician, and make appointments with service providers. If you need assistance with mental health, intellectual and developmental disability or substance use/addiction services, call: 1-800-939-5911

- Interpreters are available if you ask for one.

Pro Bono Counseling Network (with Freedom House) provides free short-term counseling to underinsured or uninsured people in need of services. Up to 8 free sessions are offered. Call: 919-942-2803 ext. 244.

UNC Department of Psychology Community Clinic has services provided by graduate students in UNC's doctoral program and on a limited basis by Licensed Psychologists, postdoctoral fellows, and social work graduate students. Reduced fees are offered based on income. While they do not directly file insurance claims, clients will be provided with a statement of account that they can submit to their insurance company on their own. All clients sign Consent for Treatment and Fee Agreement forms. Call: 919-962-6906

Alamance County Health Department offers behavioral health counseling services to clients. Services include help with stress, depression, anxiety, alcohol or drug problems, family issues and parenting challenges. There are no charges for counseling. For more information, call: 336-227-0101. To schedule an appointment call: 336-570-6459.

Hope4NC Helpline is a 24/7 helpline sponsored by the NC Department of Health and Human Services. Call 1-855-587-3463

Student Assistance Program is 24/7 helpline. Call 800-633-3353. Short-term counseling is available for up to 3 appointments. This is for Full-time, part-time, curriculum, continuing education, career and college ready, dual enrollment students and their permanent household family members.

Medicaid, Health Choice, Underinsured, or No Insurance

Employee Assistance Program (EAP) provides confidential, professional counseling and assistance to all full-time employees and their immediate families. It has recently been expanded to include part-time employees due to COVID-19. Call (336) 538-7481

Private Insurance

You can call the phone number on the back of your insurance card to ask about what is covered by your insurance. If available, you can also do a provider search on your insurance company's website.

Some companies have an EAP (Employee Assistance Program) for their employees. Check to see if mental health is included in your benefits because they sometimes provide limited free or discounted counseling for employees and/or their families.

Crisis Mental Health Services

If you have a life-threatening situation, call 911.

Cardinal Innovations (Medicaid, Health Choice, no insurance): Available 24/7. Call 1-800-939-5911 and a counselor will be available to talk to you and determine what services you need (example: set up appointment, dispatch Mobile Crisis Unit to come meet the person in crisis where they are, etc). Interpreters available if you ask for one.

UNC Hospitals Emergency Department: If a child or adolescent is in crisis and needs immediate evaluation, they may be evaluated in the UNC Hospitals Emergency Department in the basement of the Neurosciences Hospital.

Address:

1st Floor of the UNC Neurosciences Hospital
101 Manning Drive
Chapel Hill, NC

Moses Cone Behavioral Health: Mental Health and Substance Abuse care. Call 336-832.9800

Medicaid, Health Choice, Underinsured, or No Insurance

Strategic Behavioral Center - Raleigh (ages 5 - 17): Emergency mental health services, inpatient programs, Psychiatric Residential Treatment Facility, Partial Hospitalization Programs, and more.

Facility Contact Number: 919-800-4400 (24 hours)

Free Assessment: (855)537-2262

Address:

3200 Waterfield Drive

Garner, NC 27529

Holly Hill Hospital: Emergency Mental Health Services

Phone Number: 919-250-7000 (24 hours)

Address:

3019 Falstaff Road

Raleigh, NC 27610

Triangle Springs Hospital: Emergency Mental Health Services and Substance Abuse Treatment

Phone Number: 919-746-8900

Suicide Hotline - call or chat 1-800-273-8255

CRISIS Text Line - text HOME to 741741

General Mental Health Resources

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/>

*** This is a source of information, not a recommendation, endorsement, or referral. This list is not exhaustive. Please note, some services and agencies change over time.*

*Please, contact them to double check***