



Mental Health Resources



What to do if you think you or your child is having a mental health crisis...

If you or your child is at immediate risk of harming self or others, call 911!

- Step 1** Try to reach your therapist or psychiatrist if you have one.
- Step 2** Call the Alliance Access and Information Center 24 hours a day at **(800) 510-9132** and a licensed clinician will evaluate your situation and assist you in finding the right kind of help. If appropriate, you may be referred to one of Alliance's Crisis and Assessment Centers.
- Step 3** If still in doubt, call 911 or go to your closest emergency room.
- Step 4** Always provide an update to your mental health and medical providers.

When Should I Go to a Crisis and Assessment Center?

You should go to a Crisis and Assessment Center if you:

- Feel you want to hurt others or yourself;
- Are having persistent and frequent suicidal thoughts;
- Are hearing voices or seeing things;
- Are too depressed or too sad to take care of yourself or others.

In case of a mental health crisis, CALL/Text 988, Chat with 988lifeline.org or seek the nearest emergency room. Available 24/7

Mental Health Resources

Crisis and Assessment Centers

Durham Recovery Response Center (formerly Durham Center Access)

919-560-7305

309 Crutchfield Street, Durham
24 hours a day

Johnston County Behavioral Health Center 919-989-5500

521 North Brightleaf Boulevard, Smithfield
Mon-Fri, 8 a.m.-5 p.m.

Hope Services, LLC (Walk-In Mental Health Clinic) 919-714-7500

3000 Highwoods Blvd. Suite 310, Raleigh

Carolina Outreach Mental Health Urgent Care

919-251-9009 to contact Urgent Care

919-251-9001 Durham, main location

2670 Durham-Chapel Hill Blvd. Durham NC 27707

Mon-Thur: 8 a.m.-7 p.m., Fri 8 a.m.-3 p.m., Sat 9
a.m.-noon

AA/NA/AL-ANON

Alcoholics Anonymous

aa.org

24 hr hotline #: 919-783-6144

District 50:

919-894-7070

919-291-1609

Narcotics Anonymous 1-800-372-5447

narcotics.com

1888-557-1667

Mental Health Hospitals

Holly Hill, Children's Campus

919-250-7600

201 Michael J. Smith Lane, Raleigh 27610

Raleigh Oaks Behavioral Health

919-634-6208

3200 Waterfield Dr., Garner 27529

Additional Resources

Alliance Behavioral Healthcare

919-651-8401

Crisis Line: 877-223-4617

5200 West Paramount Pkwy Suite 200 Morrisville, NC

Serves: Cumberland, Mecklenburg, Durham, Orange, Johnston,
Wake, Harnett

Sandhills Center Mental Health Services

107 Elwood Ave Raeford NC 28376

Phone: 910-565-3027

Johnston-Lee Harnett Community Action, INC.

Serves: Johnston, Lee, Harnett

1102 Massey St. Smithfield NC 27577

919-934-2145

Provides family service intake component, case management,
consumer workshops, crisis component, case management,
housing and weatherization, head start centers in Johnston and
Lee counties and housing counseling. Some programs based on
income eligibility.

Mental Health Support Groups/Family Education National Alliance for Mental Illness (NAMI) of Johnston County

919-980-5277

1516 Yelverton Grove Rd. Smithfield NC 27577

The Hope Center

Behavioral Health Urgent Care

400 West Ransom St. Fuquay-Varina, NC

877-888-7849

Available 24/7 365

MORES

Mobile Outreach Response Engagement Stabilization

484-215-6757

Ages 3-20

Counties: Wake, Johnston, Orange, & Durham

Available 24/7



Online Resources

Community Care of NC | www.communitycarenc.org

Resource database provides information about services offered in Wake and Johnston County.

Wake County Network of Care | mentalhealth.networkofcare.org

Information on local services and organizations in Wake County.

NC 2-1-1 | www.nc211.org

Information and referral services by United Way of North Carolina.

Aunt Bertha | www.auntbertha.com

Information about local free or reduced cost services like medical care, food, job training and more.

NC CARE 360 | <https://nccare360.org/resources/>

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