

Support when you need it most.

When life feels out of control, get the support you need. Crisis services offer immediate support, no judgment and a safe way to get back on track, even when everything seems impossible. Help is available at little or no cost.



Connect with someone who will listen and help.

Call or text 988. You can also chat online. Support is available for people who are deaf or hard of hearing. It's free, private, one-on-one help that's available 24 hours a day, 7 days a week.

Talk to someone who has been there.

Call 855-PEERS-NC (855-733-7762) to talk to someone who has faced tough times and is trained to help with mental health and substance use recovery.

Have help come to you.

A mobile crisis team of trained mental health specialists will meet you in a safe place. They can help with a mental health, substance use, or behavioral crisis. When you call a mobile crisis team, they will ask for your basic information and details about the crisis that's happening. They'll send a trained team to you, or to a safe location nearby, as soon as they can. Available to everyone, no matter your insurance or ability to pay.

Go someplace safe.

Community crisis centers are safe places where you can get help from a licensed clinician, without needing to go to the emergency room. Most centers are open 24 hours a day, 7 days a week. You don't need an appointment. There are two kinds of crisis centers where you can go:

Behavioral health urgent care centers provide an immediate assessment and short-term care, like a medical urgent care center. If you need longer term care, they can refer you to a facility-based center or other community resources.

Facility-based crisis centers are residential centers open to people in crisis. You need to meet certain criteria to be admitted. They are typically for overnight or longer stays.



To learn more, visit:
ncdhhs.gov/CrisisServices

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