APEX CERT – MENTAL HEALTH RESOURCES

EMERGENCIES & CRISES

EMERGENCIES – dial 911

NATIONAL SUICIDE PREVENTION LIFELINE – call 800-273-8255

VETERANS CRISIS LINE – call 800-273-8255 & press 1

CRISIS TEXT LINE (mental health crisis) – text 741741

HOPELINE NC (crisis/suicide prevention) – call or text 919-231-4525 or 877-235-4525

YOUR LIFE YOUR VOICE (teen crisis hotline) – call 800-448-3000 / text VOICE to 20121

THE TREVOR PROJECT (crisis for LGBTQ youth) – call 866-488-7386 / text START to 678-678

TRANS LIFELINE (hotline for transgender persons) – call 877-565-8860

SAMHSA DISASTER DISTRESS HELPLINE – call 800-985-5990

Offers crisis counseling for emotional distress related to any natural or human-caused disaster

MOBILE CRISIS SERVICES

For crisis response, stabilization & intervention for mental health or substance misuse

ALLIANCE HEALTH – Durham, Wake, Cumberland, & Johnston counties – call 800-510-9132

CARDINAL INNOVATIONS – Orange, Chatham, Alamance & other counties – call 800-939-5911

SANDHILLS – Lee, Harnett & other counties – call 800-256-2452

COPING WITH COVID-19

Managing your mental health during COVID-19 (LINK)

Tips to help teens cope during COVID-19 (LINK)

Supporting a loved one during COVID-19 (LINK)

How to know if someone is experiencing anxiety or depression (LINK)

How to help someone experiencing anxiety or depression (LINK)

Self-care while social distancing (LINK)

Coping with stress during COVID-19 (LINK)