

Mental Health Information and Resource Web Sites

NAMI- The National Alliance on Mental Illness is a United States-based advocacy group originally founded as a grassroots group by family members of people diagnosed with mental illness.

<https://www.nami.org/Home>

<https://www.nami.org/Support-Education>

<https://www.nami.org/About-Mental-Illness>

<https://nami-wake.org/wp-content/uploads/sites/204/2020/06/NAMI-Wake-Glossary-of-Terms-Packet.pdf> Psychiatric Services Guide (Wake County)

DBSA- The Depression and Bipolar Support Alliance is a nonprofit organization providing support groups for people who live with depression or bipolar disorder as well as their friends and family.

<https://www.dbsalliance.org/>

NIMH- National Institute of Mental Health- lead federal agency for research on mental disorders

<https://www.nimh.nih.gov/about>

CDC- Center for Disease Control and Prevention- Section on Mental Health information, data and statistics, tools, and resources

<https://www.cdc.gov/mentalhealth/>

SAMHSA- Substance Abuse and Mental Health Services Administration, a branch of DHHS

<https://findtreatment.samhsa.gov/> Behavioral Health Treatment Services Locator

Hotlines

988 this new three-digit phone number- staffed by trained crisis counselors- is just a call or text away during a mental health, substance use or suicide crisis.

National Suicide Prevention Lifeline 800-273-Talk (8255) or 800-Suicide (784-2433)

NAMI information Helpline- information and referral service 800-950-NAMI (6264) Monday-Friday 10am-10pm.

Veterans Crisis Line- 800-273-8255

Hopeline North Carolina- free confidential suicide and crisis prevention hotline call or text 919-231-4525 or 877-235-4525

Therapeutic Alternatives Mobile Crisis Service- Mobile Crisis Management providing 24/7 response call 877-626-1772

More Resources

Pastor on Call 919-605-4593

Triangle Pastoral Counseling- 919-845-9977, <https://tpccounseling.org>

Triangle Springs Hospital- 919-561-5609, 24/7 emergency mental health services, inpatient mental health clinic in Raleigh, adults 18+

Triangle Springs Changes – 919-561-5609, outpatient mental health clinic, adults 18+ and adolescents 13+, <https://trianglesprings.com>

Wake Crisis and Assessment Services- 984-974-4830, not a hot line but an assessment center at 107 Sunnybrook Rd. Raleigh. Counselors are there to help people in crisis from mental illness, disability, or addiction, they assess and refer out to Wake County Resources.

IF someone you know is in immediate danger Call 911- tell them this is a mental health emergency and ask for a Crisis Intervention Team. Or go directly to the ER. The hospitals do not have inpatient mental health beds they refer you to a local inpatient mental health hospital, such as Holly Hill Hospital, Triangle Springs Hospital, or Veritas Collaborative Child and Adolescent Hospital.