

# Wellness & Mental Health Resources in NC

<https://covid19.ncdhhs.gov/information/individuals-families-and-communities/wellness-resources>

COVID-19 has changed our lives and the possible impacts of uncertainty, stress, anxiety, or depression can be overwhelming. The following resources are available to help you cope.

ORGANIZATION	CONTACT	ABOUT
<b>Hope4NC Helpline</b>	1-855-587-3463	Connects individuals to mental health and resilience supports that help with coping skills and building resilience during times of crisis. Hope4NC is available 24 hours a day, seven days a week, with access to 711/TTY and interpreters, to everyone in North Carolina's 100 counties during the COVID-19 crisis.
<b>Hope4Healers Helpline</b>	919-226-2002	New initiative in partnership with the NC Psychological Foundation. Provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings, as well as teachers and school personnel.
<b>Optum</b>	866-342-6892	Toll-free 24-hour Emotional Support Help Line for people who may be experiencing anxiety or stress.
<b>National Disaster Distress Helpline</b>	1-800-985-5990	Crisis counseling and emotional support 24 hours a day.
<b>Hopeline</b>	919-231-4525 1-877-235-4525	Support available 24 hours a day. Hopeline's mission is to support people and save lives during times of crisis through caring, confidential conversations.
<b>NC Alcohol and Drug Council</b>	1-800-688-4232 Text 919-908-3196	If you or a loved one is struggling with alcohol or drug addiction, support is available 24 hours a day via the hotline. Learn more at <a href="http://www.alcoholdrughelp.org">www.alcoholdrughelp.org</a> .
<b>National Suicide Prevention Hotline</b>	1-800-273-TALK	The National Suicide Prevention Hotline offers free and confidential support for people in distress, prevention and crisis resources and best practices for professionals.
<b>The Trevor Project</b>	<a href="http://www.thetrevorproject.org/">www.thetrevorproject.org/</a>	The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor.
<b>NC Coalition Against Domestic Violence</b>	1-800-799-7233 <a href="https://nccadv.org/get-help">https://nccadv.org/get-help</a>	Visit NC's Coalition Against Domestic Violence for a list of domestic violence service providers in your county.

<b>NC Coalition Against Sexual Assault</b>	1-800-656-4673 <a href="https://nccasa.org/get-help/">https://nccasa.org/get-help/</a>	Visit NC's Coalition Against Sexual Assault for a list of crisis centers.
<b>NC Children with Special Health Care Needs Help Line</b>	1-800-737-3028 CYSHCN.Helpline@dhhs.nc.gov	Free information and referral resource for parents, caregivers of and professionals who work with children and youth who have or are at risk for chronic physical, developmental, behavioral or emotional conditions, needing health services beyond the care that a child typically needs.
<b>Crisis Text Line</b>	Text HOME to 741741	Crisis Text Line is a global not-for-profit organization providing free mental health texting service through confidential crisis intervention via SMS (text) message. The organization's services are available 24 hours a day, every day, throughout the United States. Help is available for anxiety, depression, isolation, and eating disorders, among other crises.
<b>QuitlineNC</b>	1-800-QUIT-NOW (1-800-784-8669) American Indian Quitline: 888-7AI-QUIT (888-724-7848) Text READY to 200-400 to register via text	Provides free services to any North Carolina resident who needs help quitting commercial tobacco use. Special tailored help for: 1) people with mental health issues or substance use disorders 2) young people who want to quit vaping 3) pregnant women 4) African Americans, American Indians, Latinx and Asian and Pacific Islanders.
<b>NCCare360</b>	<a href="https://nccare360.org/request-assistance/">https://nccare360.org/request-assistance/</a>	NCCARE360 is the first statewide coordinated care network to better connect individuals to local services and resources.
<b>Community Health Workers</b>	<a href="http://www.ncdhhs.gov/media/10809/download">www.ncdhhs.gov/media/10809/download</a>	A Community Health Worker is a frontline public health worker who is a trusted member of and/or has a close understanding of the community served. This worker serves as a liaison/link/intermediary between health/social services and the community. They connect North Carolinians affected by COVID-19 with needed services and support.
<b>Pandemic Electronic Benefit Transfer (P-EBT) Program</b>	<a href="https://ncdhhs.gov/PEBT">https://ncdhhs.gov/PEBT</a>	Pandemic EBT (P-EBT) is a food assistance program that helps families with children who are unable to access free or reduced-price meals at school when they are not physically present because of COVID-19. Benefits are provided on a debit-like card and can be used to buy food at stores that accept EBT.
<b>Local Management Entity/Managed Care Organization (LME/MCO)</b>	<a href="http://www.ncdhhs.gov/providers/lmemco-directory">www.ncdhhs.gov/providers/lmemco-directory</a>	LME/MCOs manage publicly funded services for individuals with mental disorders, substance use disorders, intellectual and developmental disabilities, and traumatic brain injuries. Visit the link to determine which LME/MCO supports services in each county.
<b>NC Problem Gambling Helpline</b>	1-877-718-5543 <a href="https://morethanagame.nc.gov/">https://morethanagame.nc.gov/</a> Text 'morethanagamenc' to 53342 for text assistance	24/7 no cost confidential helpline in English, Spanish and 250 other languages. Call, text or chat online with a licensed clinician trained to provide support and diagnose gambling disorder. Helpline staff can refer those experiencing problem gambling or the effects of problem gambling to a variety of no-cost treatment options.