



## Mental Health Crisis Resources

If you are experiencing a mental health crisis or emergency, please know that you are deeply valued and not alone. Reach out to the crisis services listed below for immediate support. (Please note, our practice does not provide crisis intervention services.)

**Before Calling 911:** If you or someone you know is in immediate, life-threatening danger and you decide to call 911, please be aware that police are often not equipped to provide mental health support and may pose additional risks to individuals from marginalized groups, such as Black, Indigenous, and People of Color, Transgender, Mentally Ill, Neurodivergent, and Disabled individuals.

**Safety First: Remove Weapons.** If weapons (such as firearms) are nearby, please lock them away or ask a trusted person to remove them. Your safety is the highest priority.

### Local and NC Crisis Support

The following warm-lines provide support local to NC (including Wake County Mobile Crisis), but may have police reporting policies in emergent situations.

- **988 Suicide & Crisis Lifeline**

You can call, text, or chat with a counselor who can listen, provide support, and share resources.

- **Peer Warmline**

You can call the statewide Peer Warmline at 1-855-PEERS NC (1-855-733-7762).

- **Mobile Crisis Team**

You can call the Mobile Crisis Team at 1-877-626-1772 to have a professional come to you.

- **Hope4NC Helpline**

You can call the Hope4NC Helpline at 1-855-587-3463 from the [North Carolina Department of Health and Human Services](#).



## **Crisis Services: Warm-Lines and Support (No Police Intervention)**

The following warm-lines offer peer support and counseling, and **do not use police intervention without consent**:

- **Blackline**

Call or text: 1-800-604-5841

*Peer support and counseling for BIPOC individuals with a focus on LGBTQ+ Black Femme perspectives. No tracing or intervention without consent.*

- **Trans Lifeline (English & Español)**

U.S.: 1-877-565-8860

Canada: 1-877-330-6366

*Trans peer support for the Trans community, divested from police since day one. Oprime 2 para español.*

- **Wildflower Alliance Peer Support Line**

Call: 1-888-407-4515

*Trained peer supporters offering non-judgmental support. No tracing or intervention without consent.*

- **StrongHearts Native Helpline (24/7)**

Call: 1-844-762-8483 (or chat online)

*24/7 culturally-appropriate support for Native Americans experiencing intimate partner violence. Advocates do not request or record identification.*

- **Thrive Lifeline (24/7)**

Text: 1-313-662-8209

*Trans-led lifeline for individuals with intersecting marginalized identities. No non-consensual active rescue.*

- **LGBT National Help Center**

National Hotline: 1-888-843-4564

Coming Out Support Hotline: 1-888-688-5428

Youth Talkline: 1-800-246-7743

Senior Hotline: 1-888-234-7243

*Confidential, free support for LGBTQIA+ individuals. No authorities contacted without consent.*

- **National Suicide Prevention Lifeline (24/7)**

Call or text: 1-800-273-8255 (also available via video relay)

Text "DEAF" to 741741 for deaf or hard of hearing support.

- **Trevor Hotline for LGBTQ+ Youth**

Call: 866-488-7386

Text "START" to 678678

- **NAMI Helpline (24/7)**

Text: "NAMI" to 741741 to connect with a trained counselor.



## **Additional Crisis Support Hotlines:**

- **Postpartum and Pregnancy Support**

Postpartum Support International: Call 1-800-944-4773 or Text 800-944-4773

National Maternal Mental Health Hotline: Call or text 1-833-TLC-MAMA (24/7)

- **National Domestic Violence Hotline**

Call: 1-800-799-7233

- **Rape, Abuse & Incest National Network (RAINN)**

Call: 1-800-656-4673

- **Veterans Crisis Line**

Call: 1-800-273-8255

- **National Sexual Assault Telephone Hotline**

Call: 1-800-656-4673

- **Alcoholism & Drug Dependency Hope Line**

Call: 1-800-622-2255

- **Lines for Life**

Call: 800-273-8255 (support for suicide prevention and substance use, including specialized support for military families, seniors, and youth)

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## **Telefónica's de crisis y salud mental (en Español):**

- Línea de Prevención del Suicidio en Español: 888-628-9454

- Línea Nacional de Ayuda en Caso de Asalto Sexual: 1-800-656-4673

- Love Is Respect (Chat En Español): Para jóvenes 1-866-331-9474

- Atención de salud mental perinatal para mamás (PSI):

Llama al 1-800-944-4773 (4PPD) #1

Mensaje de texto: 971-203-7773

- Línea Directa Nacional de Salud Mental Materna (HRSA) 24/7: 1-833-TLC-MAMA



### **Ask Trusted Loved Ones for Support:**

In addition to crisis services, we encourage you to reach out to your trusted loved ones for support. If you choose to share the following tips with them, it can help guide how they can best support you during this time:

- **Ask them to stay with you** and help you make a plan for your safety. You don't have to face this alone.
- **If you don't want police or hospital intervention**, communicate this clearly with your loved ones.
- **Ask for empathy without judgment:** Request that they listen without giving advice, centering their own feelings, or pressuring you to feel better.
- **If you're using substances or self-injury as a coping mechanism**, ask them to be present without judgment.
- **When you're ready for help**, ask them to support you in removing harmful substances or behaviors.

**Remember, you are not alone**—these resources are here to support you. Please reach out to them or someone you trust if you need help.