

# Crisis Resources

## **Local Emergency Services: Call 911**

**When to use:** In cases of immediate danger to yourself or others, when someone is unresponsive, or in need of urgent medical attention.

## **MHU On-Call Campus Security: Call 828-206-1230**

<https://www.mhu.edu/campus-security/>

## **RHA Mobile Crisis Western North Carolina: Call 1-888-573-1006**

<https://rhahealthservices.org/mobile-crisis-management/>

**When to use:** Provides intensive, on-site response, stabilization and intervention for those experiencing a crisis due to mental health disturbances, developmental disabilities, or addiction. Behavioral Health Professionals are available 24/7/365 to confidentially and safely stabilize the person wherever in the community the crisis occurs (home, work, school, etc.).

## **National Suicide Prevention Lifeline: Call 988, Text 988, or Chat Online**

<https://988lifeline.org/get-help/>

**When to use:** If you or someone you know is experiencing thoughts of suicide, self-harm, or overwhelming emotional distress. Available 24/7.

## **Crisis Text Line: Text HOME to 741741**

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

**When to use:** If you're feeling overwhelmed, anxious, or in a crisis but can't talk on the phone. A trained crisis counselor will respond to provide emotional support.

## **SAMHSA's National Helpline: Call 1-800-662-4357**

<https://www.samhsa.gov/find-help/helplines/national-helpline>

**When to use:** If you're struggling with substance abuse, mental health challenges, or both.

## **The Trevor Project (LGBTQ+): Call 1-866-488-7386, Text START to 678678, Chat Online**

<https://www.thetrevorproject.org/crisis-services/>

**When to use:** LGBTQ+ youth in crisis, or those needing someone to talk to. Offers specialized support for unique challenges facing LGBTQ+ individuals.

## **Trans Lifeline: Call 877-565-8860**

<https://translifeline.org/hotline/>

**When to use:** Peer support run by trans people for trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

## **RAINN (Rape, Abuse & Incest National Network): Call 1-800-656-4673, Chat Online**

<https://rainn.org/>

**When to use:** If you or someone you know has experienced sexual violence. Connect with trained staff who can provide confidential support and connect you to local resources.

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**NC DHHS Peer Support Line: Call 1-855-733-7762**

<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-use-services/certified-peer-support-specialists>

**When to use:** If you or someone you know is struggling or in crisis, help is available. The Statewide Peer Warmline is available 24 hours a day, 7 days a week. It is free and confidential.

**UNC Hopeline: Call 877-235-4525**

<https://www.hopeline-nc.org/crisis-line>

**When to use:** For anyone experiencing stress, anxiety, depression, or crisis. Confidential, non-judgmental, and available to support North Carolina residents 24/7.

**NAMI Helpline (National Alliance on Mental Illness): Call 1-800-950-6264, Text "HelpLine" to 62640**

<https://www.nami.org/Find-Support/NAMI-HelpLine>

**When to use:** If you need guidance, resources, or someone to talk to about mental health concerns. Available Monday Through Friday, 10 A.M. – 10 P.M. ET.

**Steve Fund Crisis Text Line (Support for Students of Color): Text STEVE to 741741**

<https://stevfund.org/in-the-media/crisistextline/>

**When to use:** College students of color experiencing mental health crises or distress can connect with culturally competent crisis counselors.

**Veterans Crisis Line: Call 988 and Press 1, Text 838255, or Chat Online**

<https://www.veteranscrisisline.net/>

**When to use:** Veterans or active-duty military members in crisis, or anyone concerned about a veteran's mental health. Available 24/7.

**National Domestic Violence Hotline: Call 1-800-799-7233 or Text START to 88788**

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

**When to use:** 24/7 support for individuals experiencing abuse, those concerned about someone else, or anyone seeking information on domestic violence. It provides support, safety planning, and referrals to local resources.