

Community Help/Hotline Links

Hope4NC Helpline (1-855-587-3463) – Connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis, 24/7.

Hope4Healers Helpline (919-226-2002) – Provides mental health and resilience support for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.

National Suicide Prevention Lifeline 800-273-TALK (8255) or (800) SUICIDE – Crisis line for suicide prevention.

SAMHSA Crisis Line 1-800-662-HELP

Referral and information service for substance abuse disorders. Both English and Spanish.

Free and confidential, open 24/7

Findhelp.org Find food assistance, help to pay bills, and other free or reduced-cost programs, including new programs for the COVID-19 pandemic: <https://findhelp.org/> and plugin zip code

NAMI COVID-19 Guide:

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>.

NAMI Helplines – The information helpline is an information and referral service.

NAMI NC HelpLine: 1-800-451-9682 Helpline Text (919) 999-6527

Helpline Hours Monday-Friday, 8:30 am-5:00 pm

NAMI National Information Line: (800) 950-NAMI

Monday – Friday, 10 AM – 6 PM EST

Veterans Crisis Line (800) 273-8255

Medication Assistance -

For Medication assistance, contact NC med assistance program:

<https://www.ncdhhs.gov/assistance/low-income-services/medication-assistance-program>.

WebMD has some other suggestions:

<https://www.webmd.com/healthy-aging/patient-assistance-programs-for-prescription-drugs#1>

LME/MCO 24-hour Crisis Lines

Alliance Health 1-800-510-9132

Cardinal Innovations Healthcare 1-800-939-5911

Eastpointe 1-800-913-6109

Partners Behavioral Health Management 1-888-235-4673

Sandhills Center 1-800-256-2452

Trillium Health Resources 1-877-685-2415

Vaya Health 1-800-849-6127

[LME _ MCO 24-hr Crisis Line](#)

[LME_MCO Listed by County.](#)

If someone is suffering from a life-threatening condition call 911.