

## **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.**