

Crisis Services:

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/chat/

Crisis Text Line: www.crisistextline.org

Crisis Solutions North Carolina

www.crisissolutionsnc.org

Information and referral for crisis services in the state of NC

988 Suicide and Crisis Lifeline

Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources. It is a national network of local crisis centers

[About : Lifeline \(988lifeline.org\)](http://About:Lifeline(988lifeline.org))

Additional Child Behavioral Health Resources:

Child Advocacy Centers of North Carolina (CACNC)

(336) 886-4589

www.cacnc.org

CACNC is a statewide service that provide advocacy, legal and medical guidance, training, technical assistance, and resources to children and families to prevent and intervene if child abuse has occurred or is suspected. A list of county CACs are available on their website. Some CACs serve multiple counties like TEDI BEAR that serves Beaufort, Bertie, Carteret, Craven, Duplin, Greene, Halifax, Hertford, Hyde, Lenoir, Martin, Northampton, Pamlico, Pitt, Tyrrell, Washington, and Wayne counties. Each has its own website and contact information.

Family Support Network of North Carolina

<https://fsnnc.org/?q=about/fsn-history>

Access Family Support 1-800-852-0042

Free support for families with a child who has special needs to help obtain services. Services include parent to parent support, information and referral, support groups and workshops, service system navigation support, and parent to parent matching for rare disorders.

NC 211

www.nc211.org

1-888-8921162

This is an information and referral service provided by the United Way of North Carolina. Families and individuals can dial 211 or 1-888-892-1162 to obtain free and confidential information on health and human services and resources within their community.

NCCARES 360

Statewide coordinated care network to better connect individuals to local services and resources.

NCCARES360 helps providers electronically connect those with identified needs to community resources and allows for feedback and follow up. Links clients to resources including basic needs like food,

housing/shelter, transportation, behavioral health resources, health care, education, legal services, income support and employment, etc. Available in all 100 counties in North Carolina.

[NCCARE360 – A New Tool for a Healthier North Carolina](#)

North Carolina Coalition Against Domestic Violence (NCCADV)

(919) 956-9124

www.nccadv.org

Leads the state's movement to end domestic violence and to enhance work with survivors through prevention, advocacy, training, technical assistance, and policy development. They have a list of NC Domestic Violence Service Providers for each county.

National Domestic Violence Hotline: 1-800-799-7233

North Carolina Infant-Toddler Program (NC ITP)

<https://beearly.nc.gov/>

(919) 707-5520

The Infant-Toddler Program provides supports and services for families and their children, birth to three who have special needs. No family is denied services for an inability to pay. There are 16 Child Development Service Agencies (CDSA) that serve the state of North Carolina, contact your local CDSA to begin a referral.

NC Maternal Mental Health (NC MATTERS)

<https://www.med.unc.edu/ncmatters/>

(919) 681-2909

(choose 2 for perinatal consult)

NC MATTERS provides support to primary care providers in effectively screening, assessing, and treating behavioral health concerns in pregnant and postpartum patients. NC MATTERS partners with NC PAL to offer psychiatric consultation, providers should have the patient name, date of birth, zip code, and insurance available before calling. NC MATTERS also offers additional training and consultation resources.

NC Psychiatry Access Line (PAL)

(919) 681-2909

Email: ncpal@duke.edu

[NC-PAL Consult Line | NC Maternal Mental Health MATTERS \(unc.edu\)](#)

www.ncpal.org

Provides primary care clinicians with support for mental and behavioral health screening, assessment, and treatment of pediatric and perinatal patients. Provides real-time clinical consultation and referral support via the NC-PAL phone line and one-time assessments.