

Mental Health Crisis Resources in the Triangle, NC

This form is meant for urgent mental health crisis situations/referrals ONLY

[NC Crisis Services Website](#)

[Sitio Web Servicios de Crisis NC](#)

***For life threatening mental health emergencies call 911 and ask for a CIT (Crisis Intervention Trained) Officer**

***In Durham County, ask for the HEART team to respond**

All NC Counties

Resource	Crisis Line #	Phone #	Description	Read More	Bilingual?
988 Crisis Line	988 (Call, text, or chat online)	988	The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. <i>Your identity is private. 988 cannot share what you say with anyone—including hospitals, parents or the police—unless someone's life is in immediate danger or a vulnerable person is being abused. You do not have to answer any questions you don't feel comfortable answering. You will never be asked your immigration status.</i>	Website Sitio web	Yes
NC Peer Warmline		1-855-733-7762	When you call, you'll hear the friendly voice of a peer support specialist. You can talk about anything—no topic too big or too small—and you can call as often as you want. You are in control of what you say, you decide how much to share. Your call is private and confidential. The warmline does not collect personal information or perform assessments. They will not call the police, unless someone's life is in danger. Available 24/7. English only.	Website	No

Wake County

Resource	Crisis Line #	Phone #	Description	Read More	Bilingual?
Mobile Crisis Services - Therapeutic Alternatives	1-877-626-1772	336-495-2700	Provides immediate crisis response, 24 hours a day, 7 days a week. No age restrictions. Mobile Crisis response provides an immediate evaluation, triage and access to acute MH/DD/SA services, treatment and supports. These services include immediate telephonic response to assess the crisis and determine the risk, mental status, medical stability and appropriate response. Be prepared to give the MCM team as much information as possible when you contact them such as: name, date of birth, diagnoses, medications, Medicaid number, medical issues, brief psychiatric history, family issues and concerns, history of aggression, history of law enforcement involvement and current concern.	Website	Unknown

Behavioral Health Urgent Cares/Crisis Centers

Urgent Care	Addresss	Phone #	Description	Read More	Bilingual?
Wake Recovery Response Center	107 Sunnybrook Rd, Raleigh, NC 27610	919-975-5396	Open 24/7. Serves adults 18+. Behavioral Health Urgent Care (short-term) and Facility-Based (longer term).	Website	Provides Spanish interpretation over the phone during assessments, evaluations, etc.

Wake Behavioral Health Urgent Care	219 Chapanoke Rd, Suite 120, Raleigh, NC 27603	919-703-2845	Open Mon-Thu: 8am-10pm; Fri: 8am-8pm; Sat-Sun: 8am-5pm. Serves adults and children. Behavioral Health Urgent Care (short-term) and Facility-Based (longer term).	Website	Unknown
Durham County					
Resource	Crisis Line #	Phone #	Description	Read More	Bilingual?
Mobile Crisis Services - Therapeutic Alternatives	1-877-626-1772	336-495-2700	Provides immediate crisis response, 24 hours a day, 7 days a week. No age restrictions. Mobile Crisis response provides an immediate evaluation, triage and access to acute MH/DD/SA services, treatment and supports. These services include immediate telephonic response to assess the crisis and determine the risk, mental status, medical stability and appropriate response. Be prepared to give the MCM team as much information as possible when you contact them such as: name, date of birth, diagnoses, medications, Medicaid number, medical issues, brief psychiatric history, family issues and concerns, history of aggression, history of law enforcement involvement and current concern.	Website	Unknown
Mobile Crisis Management - Daymark Recovery	866-275-9552		Mobile Crisis Management services seek to provide a comprehensive crisis intervention in the least restrictive environment with a team perspective to meet any individual consumer's needs. The service operates year round, seven days per week, twenty four hours per day. The program is staffed with masters prepared staff that are licensed, licensed eligible therapists, or bachelor's level Qualified Professionals. Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance abuse, or developmental disability concerns.	Website	Unknown
Mobile Crisis Team - Freedom House Recovery Center	866-275-9552	919-942-2126	Mobile Crisis Team provides integrated, short-term crisis response, stabilization, and intervention for adults and children experiencing a mental health or substance use emergency. Our mobile crisis is a 24/7/365 service that begins with a call to the crisis line. Serve children and adults. After assessing the crisis and determining risk, our team meets the person in crisis where they are – at home, in school, at work – to stabilize and develop the appropriate response. Those whose crisis cannot be stabilized in their home or community will be assisted in transitioning to appropriate crisis stabilization and detoxification support or service.	Website	Unknown
Behavioral Health Urgent Cares/Crisis Centers					
Urgent Care	Addresss	Phone #	Description	Read More	Bilingual?
Carolina Outreach	2670 Durham-Chapel Hill Blvd, Durham, NC 27707	919-251-9009	Open Mon-Thu: 8am-7pm; Fri: 8am-3pm; Sat 9am-12pm. Serves ages 4+. Services provided on a walk-in basis. Behavioral Health Urgent Care (short-term).	Website	Provides Spanish interpretation over the phone during assessments, evaluations, etc.
Durham Recovery Response Center	309 Crutchfield St, Durham, NC 27704	919-560-7305	Open 24/7. Serves adults 18+. Behavioral Health Urgent Care (short-term) and Facility-Based (longer term).	Website not currently accessible	Unknown
Orange County					

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Mobile Crisis Management - Daymark Recovery	866-275-9552		Mobile Crisis Management services seek to provide a comprehensive crisis intervention in the least restrictive environment with a team perspective to meet any individual consumer's needs. The service operates year round, seven days per week, twenty four hours per day. The program is staffed with masters prepared staff that are licensed, licensed eligible therapists, or bachelor's level Qualified Professionals. Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance abuse, or developmental disability concerns.	Website	Unknown
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Behavioral Health Urgent Cares/Crisis Centers					
Urgent Care	Addresss	Phone #	Description	Read More	Bilingual?
Freedom House Recovery Center	104 New Stateside Dr, Chapel Hill, NC 27516	919-967-8844	Open 24/7. Serves adults 18+. Facility-Based (longer term). Through our 16-bed facility-based crisis unit in Chapel Hill, we serve adults who need immediate support for acute substance use and/or mental health emergencies. The crisis unit serves as the first step toward wellness and recovery – and through our partnerships with local hospitals and law enforcement it is an effective alternative to hospital emergency rooms or incarceration. During a stay in the crisis unit, individuals stabilize (alleviate acute or crisis symptoms, detox from alcohol or drugs, or level their medication regimen) and then make a plan for their continued recovery.	Website	Unknown