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| **Mental Health First Aid Resource List**  **(last updated 6/5/24)** | | |
| *While we have made a good faith effort to compile a reputable resource list, we don’t have any personal experience with many of them, and therefore are not ‘endorsing’ them. Use this list as some suggestions to get the help you need. If you use any of these resources, we will welcome feedback about your experience. Feel free to submit additional resources you know about to add to our list.* | | |
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| **Name** | **How to Contact them** | **Types of Assistance** |
| |  |  |  | | --- | --- | --- | | **National Suicide Prevention Hotline** | **988 (always open)** | **Anonymous help for suicidal thoughts** | | **Essential Community Services Hotline always open** | **211 (always open)** | **Free confidential help and referral for**  **help with food, housing, employment,**  **health care, counseling and more** | | **Homeowners Hope** | **888-995 HOPE (4673)**  **(always open)** | **Free comprehensive financial**  **Education and confidential**  **foreclosure prevention counseling** | | **Findhelp.org** | **Website and App**  **(privacy statement says they do not collect any data from their users)** | **Provides local resource lists**  **for a variety of needs—food, shelter,**  **finances, etc** | | | |
| **Town Employee Resources**  *Though these are not ‘emergency’ or ‘quick response’ resources, they provide an important safety net for our employees. This is a basic list. More information is available on* [*THE HIVE*](https://thehive.townofchapelhill.org/) *in the HRD portal.* | | |
| Employee Assistance Program  *Available to All Employees* | See <https://thehive.townofchapelhill.org/> 800-272-7255  Provides mental health assistance as well as some assistance with caregiver needs, legal concerns, workplace issues, and financial counseling. | |
| [Ombuds](https://www.townofchapelhill.org/government/departments-services/ombuds-office)  *Confidential informal help* | [rtompkins@townofchapelhill.org](mailto:rtompkins@townofchapelhill.org) 919-265-0806  A*vailable to all employees* | |
| [Clinic and Wellness](https://chapelhillwellnessatwork.org/) | More information available at [this Link](https://chapelhillwellnessatwork.org/)  *Clinic services limited to insured employees and dependents*  *Wellness services open to any employee* | |
| Town of Chapel Hill LGBTQIA+ Resource Group | Contact Matt DeBellis [mdebellis@townofchapelhill.org](mailto:mdebellis@townofchapelhill.org)  *Open to LGBTQIA+ employees and allies* | |
| Health/Dental Insurance | Information on HRD portal <https://thehive.townofchapelhill.org/> | |
| [Housing Assistance](https://www.chapelhillaffordablehousing.org/employee-housing#:~:text=The%20Rental%20Assistance%20Program%20is%20to%20assist%20employees,connection%20fees%2C%20other%20applicable%20fees%2C%20and%20future%20rent%3A)  *rental or purchase* | Provides grants to employees who rent or purchase within 5 miles of Chapel Hill  [housingandcommunity@townofchapelhill.org](mailto:housingandcommunity@townofchapelhill.org) or 919-968-2850.  *open to employees meeting program qualifications* | |
| **General Resources in Orange County** | | |
| Interfaith Council of Social Services (Orange County) | [info@ifcmailbox.org](mailto:info@ifcmailbox.org)  919-929-6380 | Food, shelter, limited financial help |
| Local Domestic Violence Hotline | 919-929-7122 | 24 hour helpline for domestic violence issues  Can offer emergency shelter |
| Compass Center for Women and Families (Orange County) | <https://www.compassctr.org>  919-968-4610 | Legal, job hunting, financial aid, youth health |
| Orange County Rape Crisis Center | [www.ocrcc.org](http://www.ocrcc.org)  24 hour help 919-968-7233  Office: 919-968-4647 | Short term therapy, support groups, crisis support, anonymous reporting.  Resource for survivors of sexual assault of all genders and ages |
| Southern Human Services Center | 2501 Homestead Rd Chapel Hill NC 27514  919-245-2175 | They have a free vending machine with covid tests, naloxone and other items. |
| Hope4NC Helpline | Call or Text “hope” to 1-855-587-3463 | Free & Confidential Helpline for support, referrals, and crisis assistance for a wide variety of issues |
| Street Outreach, Harm Reduction and Deflection (SOHRAD) | 919-886-3351 [SOHRAD@orangecountync.gov](mailto:SOHRAD@orangecountync.gov) | Connections to housing and services for people living unsheltered. |
| Housing Helpline  Orange County | 919-245-2655 M-F 10am-4pm housinghelp@orangecountync.gov | Housing Assistance |
| Orange County Health Department | <https://orangecountync.gov/1780/Overdose‐Prevention> | Resource for anyone interested in getting free Naloxone products and training on how to use them in an emergency overdose response |
| **Substance Use Issues** | | |
| Alcoholics Anonymous  *Orange, Alamance, Chatham, Caswell Counties* | [Home | AA North Carolina District 33 (aanc33.org)](https://aanc33.org/)  919-286-9499 | Free help for people who want to stop drinking. Meetings are anonymous and available everywhere. |
| Freedom House Recovery Center (Chapel Hill) | [www.freedomhouserecovery.org](http://www.freedomhouserecovery.org)  919-942-2803 | Substance use, mental health issues in adults and children. Facility-based detox services. Free or low cost. |
| Narcotics Anonymous | You can search on the website for meetings near you [www.na.org](http://www.na.org) | Free help for people who want to stop using drugs. Meetings are anonymous |
| Substance Treatment and Recovery (STAR) at UNC Healthcare. | [Substance Treatment and Recovery (STAR) | UNC Medical Center | Chapel Hill & Raleigh, NC](https://www.uncmedicalcenter.org/uncmc/care-treatment/substance-treatment-and-recovery-star/) 984-974-6320 The website is very useful and informative. | Individualized treatment plan for people who have problematic substance use. Accepts most insurance. Do not need a referral from a medical provider. |
| Residential Treatment Services of Alamance County | 125 Glendale Ave. Burlington, NC 27215  Phone: 366-227-2994  [Residential Treatment Services of Alamance (rtsalamance.org)](http://www.rtsalamance.org/residential-treatment-services) | Private non-profit providing addiction treatment to men and women. |
| TROSA  [Recovery Programs For Men & Women | TROSA (trosainc.org)](https://trosainc.org/) | 919-419-1059  833-408-7672 toll free  1820 James Street  Durham, NC 27707 | Voluntary multi-year residential program for substance use disorders. Long term vocational training, community support, and clinically based treatment. |
| Al-Anon/Alateen groups | Find a group near you or an online meeting at [Al-Anon Family Groups](https://al-anon.org/) | Mutual support program for people whose lives have been affected by someone else’s drinking.  Meetings are free and anonymous. |
| **Financial Help with Electric and Water Bills** | | |
| Duke Energy Bill Payment Assistance  *May require an internet connection to apply for aid* | [www.duke-energy.com](http://www.duke-energy.com)  800-452-2777 | Various types of programs to help you pay for your electricity. Contact the Ombuds if you need help contacting them . 919-265-0806 |
| OWASA | [www.owasa.org](http://www.owasa.org)  919-537-4343 | Help paying OWASA water bills in OWASA service area |
| Water bill problems in other counties | Most local water services have programs to help customers pay water bills. Look on your bill or on the water company’s website for contact information. | Contact your local water provider and ask if they have resources to help people pay water bills. |
| **Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual Adults and Youth and their Allies** | | |
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| LGBTQ Center of Durham | <https://www.lgbtqcenterofdurham.org>  919-827-1436 | Broad range of support and services for LGBTQIA+ individuals in the Triangle |
| Inside Out | [LGBTQ Youth Organization | InsideOut 180 | Durham, NC](https://www.insideout180.org/) | A resource for LGBTQIA+ youth and their parents/loved ones |
| Hopeline | 919-231-4525  A 24-hour Crisis Hotline for LGBTQIA+ youth | Based in Durham NC |
| Trans Lifeline | 877-565-8860  Support for Trans youth | A 24- hour national hotline |
| The Trevor Project | Text 678-678  Call 1-866-488-7386  Connect with a counselor through the website [The Trevor Project | For Young LGBTQ Lives](https://www.thetrevorproject.org/) | Focuses primarily on youth 13-24. Provides counseling and crisis intervention, virtual communities, and other types of support. Some resources for parents and guardians. |
| LGBT National Hotline | 888-843-4564  Hours: 10-6 pm ET M-F  12-5 pm ET weekends | Helps with many concerns, including coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more. |
| LGBTQ Text Support line | TEXT 741741 (24 hour hotline) | Text messaging support for crisis situations |
| Avance Care | <https://www.avancecare.com/locations/chapel-hill-nc/> | Provides LGBTQIA+ and Trans friendly medical care. |
| **Emergency Food Aid** | | |
| There are numerous food banks around the Triangle. This website [Food Finder - Food Bank of Central & Eastern North Carolina (foodbankcenc.org)](https://foodbankcenc.org/food-finder/) can help you locate a food bank near you. It sorts by zip code. Contact the Ombuds office 919-265-0806 if you need help locating a food bank. | | |
| No Kid Hungry NC – Text FOODNC to COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you. | | |
| **Victims of Domestic Violence** | | |
| If you are in imminent danger, please call 911 and ask for help. Officers can connect you with other resources . | | |
| Durham Crisis Response Center | 24 hour helpline 919-403-6562  [crisisline@thedcrc.org](mailto:crisisline@thedcrc.org) (Crisis Services)  <https://thedcrc.org> | Offers emergency shelter, legal assistance, counseling, peer support for sexual assault victims seeking medical treatment, and ongoing support groups. Spanish speaking services available. |
| Orange County Domestic Violence Hotline | 919-929-7122 (24 hour hotline) | Provides emergency shelter |
| Second Bloom of Chatham County/Chatham Family Violence Prevention services | 919-545-0055 (24 hour hotline) | Offers emergency help for domestic violence and sexual assault victims |
| Family Abuse Services of Alamance County | 336-226-5985 (24 hour hotline) | Provides a wide range of emergency and ongoing support for victims |
| Family Services of Caswell County | 336-694-5655 (24 hour hotline) | Provides emergency shelter and ongoing support for victims |
| Interact of Wake County | 919-828-7740 (24 hour hotline) | Offers emergency shelter and other services |
| **Victims of Sexual Violence** | | |
| Orange County Rape Crisis Center | <https://www.ocrcc.org/>  919-967-7273 (24 hour hotline)  Services provided to any and all victims of any type of sexual violence. | Wide range of support, including anonymous reporting, support during medical care, support groups, basic legal advice, some no-cost therapy available  Serves LBGTQIA+ community  Spanish speaking services available. |
| Crossroads (Alamance/Caswell Counties ) | 336-228-0360 (24 hour hotline) | Wide range of crisis and long- term resources. |
| Chatham Family Violence Prevention Services/Second Bloom | 919-545-0055 (24 hour hotline) | Offers emergency and ongoing help for all victims of Sexual and Domestic Violence. |
| Interact of Wake County | 919-828-7740 (24 hour hotline) | Offers emergency shelter and other services |
| Durham Crisis Response Center | 24 hour helpline 919-403-6562  [crisisline@thedcrc.org](mailto:crisisline@thedcrc.org) (Crisis Services)  <https://thedcrc.org> | Offers emergency shelter, legal assistance, counseling, peer support for sexual assault victims seeking medical treatment, and ongoing support groups. Spanish speaking services available. |
| **Military and First Responders** | | |
| HERO Resources for First Responders | 844.833.HERO 844.833.4376 Mon-Sun 8:00AM–Midnight jlang@herofirst.org | Immediate assistance to first responders in the form of a warm line, peer support, financial assistance, resources, and continuation of peer support following treatment. |
| Veteran Crisis Line  *enrollment in VA benefits or health insurance not required to access services*. | 988 then press 1  Text 838255  [Website LINK](https://www.veteranscrisisline.net/?msclkid=042b05e35b5518438af261a181b1b4da&utm_source=bing&utm_medium=cpc&utm_campaign=VCL988_Search%203.02.23-5.14.23&utm_term=military%20veterans%20affairs&utm_content=Crisis%20Hotline) | Confidential support for veterans and loved ones. |
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| **Legal Assistance** | | |
| CommPsych (Town Employee Assistance Program) | 1-800-272-7255 | Offers information and referrals to discounted legal services |
| Legal Aid of NC | 1-800-331-7594  [Legal Aid - Legal Aid (legalaidnc.org)](https://legalaidnc.org/)  (many offices across NC) | Wide range of legal services for civil needs such as child support, eviction protection, protective orders, accessing government benefits, healthcare access, and many more.  (must meet income guidelines to access services—contact Legal Aid for more information) |
| NC ProBono Legal Services | [North Carolina Legal Services Providers - North Carolina Pro Bono Resource Center (ncprobono.org)](https://ncprobono.org/nc-legal-services-providers/) | This website is a compilation of various resources that provide free legal services in NC. Website is organized by type of service provided and each has its own eligibility requirements. |
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