

WNC Hurricane Helene Recovery - Mental Health Supports

- [NC Mental Health Providers Hurricane Helene](#)
 - The National Association for Social Workers North Carolina in conjunction with the NC Psychological Association, the North Carolina Psychiatric Association, the National Register of Health Service Psychologists, and the NC Association of Marriage and Family are compiling a list of mental health providers willing to offer free or sliding-scale fees for individuals affected by the hurricane.
- [Resource list](#) created by Kathleen Turner, Social & Emotional Learning Specialist at Claxton Elementary with Asheville City Schools. Includes resources for families and children to help through a crisis.
- [Social Emotional Resources for Young Children & Caregivers after Hurricane Helene](#)
 - Running list of resources for young children and caregivers updated by Alexandra Morris, MSW, Early Childhood Behavioral Health Programs Specialist, DCFW, NCDHHS

Free Services	
Organization	Details & Links
Vaya Health	<p>Walk-in centers are open during regular weekday business hours and offer same-day assessments with no appointment required. The centers offer medication management, individual therapy, and group therapy.</p> <p>Click here to view a list of walk-in centers by county.</p> <p>In most cases, mobile crisis teams can send trained clinicians to a home, community or shelter to respond to an urgent need.</p> <p>Call the Behavioral Health Crisis Line for 24/7 mobile crisis services: 1-800-849-6127</p>
Resources for Resilience	<p>Free Live Listening Circles on Zoom</p> <p>Audience: All ages</p> <p>Available Monday-Friday through November 22, 12-1pm</p> <p>Click here to join session.</p>
NCDHHS & Somethings	<p>NCDHHS has partnered with Somethings to ensure teens across NC can connect with Certified Peer Specialist Mentors and access the mental health support they need for free.</p> <p>Audience: Teens ages 13+.</p> <p>Available via text and video calls after school from 3:00pm - 11:00pm and on weekends.</p> <p>For teens, parents, or those making referrals, complete the brief form here to get started.</p>

Connections App	Evidence-based support for mental health and substance use recovery available to anyone in Western North Carolina; includes peer support, virtual meetings and access to online community of people in recovery from substance use. Audience: All ages Available 24/7 Free to enroll here.
The Strong Minds Program by UNCG	A mental health program offering 10 free sessions in English, Spanish, or Arabic to help participants learn to activate positive behaviors to manage anxiety and depression, and support the participants with information about and referrals to organizations to support social determinants of health needs. Audience: 18+ Sessions are flexible with availability on evenings and weekends. Participants are encouraged to have weekly sessions, but can have a total of 6 months to complete the program in case additional time is needed. Complete brief screening form here.

Helplines				
Organization	Services	Audience	Availability	Contact
Hope4NC (statewide)	Helpline for first responders and volunteers working on Hurricane Helene recovery.	All ages	24/7	1-855-587-3463
HopeLine NC (statewide)	Local crisis/suicide prevention line	All ages	24/7	877-235-4525
National Suicide & Crisis Lifeline (National)	Available for any kind of mental health crisis issue.	All ages	24/7	Call or text 988

The Disability Disaster Hotline (National)	Provides information, referrals, guidance, technical assistance and resources to people with disabilities, families, allies, and organizations assisting disaster impacted individuals with disabilities and others seeking assistance with immediate and urgent disaster-related needs.	All ages	24/7	Call or text 800-626-4959
National Maternal Mental Health Hotline (National)	Trained hotline counselors to support moms and their families before, during, and after pregnancy.	Adults	24/7	1-833-852-6262
The National Depression Hotline (National)	Helpline for depression and/or anxiety.	All ages	24/7	866-629-4564
SAMHSA Disaster Distress Helpline (National)	The helpline is open to anyone experiencing emotional distress related to disasters. This includes survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.	All ages	24/7	1-800-985-5990 (call or text)
The Trevor Project (National)	Suicide hotline/crisis support for LGBTQ youth.	Youth	24/7	1-866-488-7386 (call) or text 'START' to 678-678
Warmlines				

Organization	Services	Audience	Availability	Contact
Sunrise Community for Recovery & Wellness (Statewide)	Peer support warm line.	All ages	24/7	828-280-2254
WNC Listening Line Seek Healing (Local)	Non-crisis community phone line serving communities in WNC.	All ages	8am-11pm	828-547-4547 (call or text)
NC Promise Support Network (Statewide)	Peer support warmline for NC residents.	All ages	24/7	1-855-733-7762
NAMI North Carolina (Statewide)	Helpline for individuals seeking support and resources.	All ages	24/7	800-451-9682 (call) or 919-999-6527 (text)