

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



Behavioral Health Resources

National and State Level Resources

National Level

[National Institute of Mental Health \(NIMH\)](#)

Envisions to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Provides leadership and resources – programs, policies, information and data, funding, and personnel – advance mental and substance use disorder prevention, treatment, and recovery services in order to improve individual, community, and public health.

Treatment Locator Click [here](#)

[National Alliance on Mental Illness \(NAMI\)](#)

Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Click [here](#) to find NAMI programs near you

[MentalHealth.gov](#)

Provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide the general public, health and emergency,

State Level

[North Carolina Department of Health and Human Services \(NCDHHS\): Mental Health](#)

The Mental Health and Substance Abuse section offers addiction and substance abuse services, mental health services and information about treatment centers.

[InnoPsych](#)

Brings healing to communities of color by changing the face and feel of therapy! We strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.

Find a therapist of color click [here](#)

[Trillium Health Resources](#)

Trillium Health Resources is a local governmental agency (LME/MCO) that manages mental health, substance use, and intellectual/developmental disability services in eastern North Carolina. We partner with health care providers and community stakeholders to build and strengthen foundations of well-being, provide individuals with the resources to weather life's storms, and help deepen connections between citizens and their communities.

Click [here](#) for external healthcare resources

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preparedness professionals, policy makers, government and business leaders, school systems, and local communities.

[Centers for Disease Control and Prevention \(CDC\): Mental Health](#)

Focuses on preventing or reducing the impact of mental illness as a critical part of overall wellness, using the same approach that we use to prevent other health conditions.

[Mental Health America \(MHA\)](#)

Promoting mental health and preventing mental illness through advocacy, education, research and services.

Click [here](#) to see how to take steps to live a mentally healthier life.

[Families for Depression Awareness](#)

Helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.

We offer education, training, and support to unite families and help them heal while coping with mood disorders.

[HealthyChildren.Org](#)

Is the only parenting website backed by 67,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you've come to the right place. Here, you'll find information regarding the American Academy of Pediatrics (AAP) many programs and activities, our policies and guidelines, our publications and other child health resources

Click [here](#) to view featured articles on Family Dynamics

[NC Families United](#)

Children/youth with serious emotional, behavioral and mental health challenges and their families will have a person-centered, family-driven system of care to ensure their independence, safety, happiness and success in their homes, school and community.

Phone 828-291-3079

****Website is under construction****

[Depression and Bipolar Support Alliance](#)

The Depression and Bipolar Support Alliance (DBSA) envisions wellness for people living with mood disorders (depression and bipolar disorder). DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Click [here](#) for Online Support Groups

[Therapy for Black Girls](#)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[Therapy for Black Children](#)

We are experts in child development, school, behavioral, and adjustment problems. Provides emotional flexibility that helps give children a life advantage.

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Click [here](#) to view featured articles on Emotional Wellness

Psychology Today

Provides a comprehensive directory of therapists, psychiatrists and treatment facilities near you.

Find a therapist click [here](#)

Local Mental and Behavioral Health Clinics and Outreach

Carolina Outreach Behavioral Health Urgent Care

2670 Durham-Chapel Hill Blvd, Durham NC 27707
Phone: 919-251-9009

Behavioral Health Solutions

5318 Highgate Dr #131 Durham, NC 27713
Phone: 919-419-0524

Bull City Behavioral Health

20 W Colony Pl suite 230, Durham, NC 27705
919-891-3096

MindPath Care Centers

3604 Shannon Rd STE 200 Durham, NC 27707
919-403-2122

Alliance Behavioral Health

5200 W. Paramount Parkway, Suite 200, Morrisville, NC 27560
919-651-8401
5000 Falls of Neuse Rd, Raleigh, NC 27609

Pope Behavioral Health and Wellness

3622 Lyckan Pkwy Ste, 4005, Durham, NC 27707
919-999-7457

Bull City Counseling, PLLC

3500 Westgate Dr, Durham, NC 27707
919-213-0225

Hope Services, LLC

3000 Highwoods Blvd, Suite 310 Raleigh, NC 27604
919-714-7500

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[Recovery Innovations](#)

401 E Lakewood Ave #E1 Durham, NC 27707
Phone: 919-687-4041

[CBH Psychiatry and Mental Health of Raleigh](#)

701 Exposition PI STE 201, Raleigh, NC 27615
919-466-7540

[Holly Hill Mental Health Center](#)

3019 Falstaff Rd, Raleigh, NC 27610
919-250-7000

[UNC Wakebrook Crisis Stabilization Center](#)

107 Sunnybrook Rd, Raleigh, NC 27610
984-974-4800

[UNC Mental Health Specialists](#)

4414 Lake Boone Trail, Raleigh, NC 27607
919-882-0590

[SouthLight](#)

2101 Garner Rd, Raleigh, NC 27610
3125 Poplarwood Ct, Raleigh, NC 27604
919-787-6131

[Thriveworks Counseling](#)

8406 Six Forks Rd Suite 104, Raleigh, NC 27615
919-424-6045

[Simply Thrive Therapeutic Associates](#)

1240 SE Maynard Rd #203, Cary NC 27511
919-636-0762

[North Raleigh Mental Health and Wellness](#)

920 Paverstone Dr d, Raleigh, NC 27615
919-896-6998

[Triangle Springs](#)

10901 World Trade Blvd, Raleigh, NC 27617
919-367-1835

[New Leaf Behavioral Health](#)

3725 National Dr #220, Raleigh, NC 27612

[North Carolina Mental Health](#)

916 Richardson Dr, Raleigh, NC 27603
919-832-2285

[RHA Health Services](#)

4700 Homewood Ct #300, Raleigh, NC 27609
919-803-2960

[First Step Services, LLC](#)

128 Quade Dr, Cary, NC 27513
919-651-8349
211 E Six Forks Rd #177, Raleigh, NC 27609
919-833-8899
1418 Aversboro Rd STE 201, Garner, NC 27529
919-329-9400

[Shattuck Wellness and Behavioral Health Services](#)

2501 Atrium Dr. #100, Raleigh, NC 27607
919-359-9700

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Catalyst Therapeutic Services

3616 Shannon Rd, Suite 200, Durham, NC, 27707
919-551-5501

Behavioral and Mental Health Hotlines

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
1-888-628-9454 (Spanish)

Crisis Text Line

Text HELLO to 741741

Veterans Crisis Line

1-800-273-TALK (8255)
TEXT: 838255

Disaster Distress Helpline

1-800-985-5990
TEXT: TalkWithUs to 66746

Samaritans

877-870-HOPE (4673)

Parental Stress Line

1-800-632-8188

24- Hour Mental Health Delegate Line

215-685-6440

24- Hour Access to Care

1-877-685-2415

Alliance Behavioral Healthcare

800-510-9132

United Way NC 211

NC Health Choice

Offers health insurance to uninsured children whose families do not qualify.

414 East Main Street Durham, NC 27701

919-560-8000

The Trevor Lifeline for LGBT Youth and Young Adults

1-866-4-U-TREVOR

Military Crisis Line

1-888-457-4838 Text MIL1 to 839863