

Hotlines and Websites

***** If you're seriously considering hurting yourself or ending your life, call 911.
If someone is hurting you, abusing you, or neglecting you, call 911.
If you suspect that another child is in serious danger, call 911.*****

All Ages

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

Hours: 24-hour

Languages: English and Spanish, have access for interpreters for 155 other languages

Can refer callers to local mental health providers. If they appear to be in immediate danger, they may link them to an emergency counselor for emergency intervention. If they think a suicide action is imminent, they will send emergency personnel to the location of the call.

Hopeline Suicide Hotline

1-800-SUICIDE (1-800-784-2433)

Hours: 7 a.m. – 11 p.m.

Languages: English and Spanish services

Same services offered as the National Suicide Prevention hotline. If you call the National Suicide Prevention lifeline listed above, you will be routed to this number which is specific to some areas in North Carolina like Chapel Hill.

Trans Lifeline

877-565-8860

Hours: 24-hour

Languages: English

Peer-to-peer warmline exclusively staffed by transgender volunteers. Trained operators provide support and can help match callers to transition-related resources.

Lifeline CrisisChat

<http://www.crisischat.org/chat/>

Hours: 2 p.m. – 2 a.m.

Language: English

Trained crisis counselors provide support through instant messaging. During peak access hours there might be a delay in connecting with a counselor.

IMAlive

<https://www.imalive.org/>

Hours: 10 a.m. – 12 a.m.

Language: English

Trained crisis counselors provide support through instant messaging. During peak access hours, there might be a delay in connecting with a counselor.

Crisis Text Line

Text "Start" to 741-741

<http://www.crisistextline.org/get-help-now/>

Hours: 24-hour

Language: English

Trained crisis counselors provide support through texting. Standard text messaging rates apply, but there is no additional charge to texters.

S.A.F.E. (Self-Abuse Finally Ends) Alternatives Information and Referral Line

1.800.DONT.CUT (366-8288)

www.selfinjury.com/

S.A.F.E. Alternatives is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping people achieve an end to self-injurious behavior, self-harm, or non-suicidal self-injury.

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

www.thehotline.org/

Hours: 24-hour

Languages: English, Spanish, and interpreter services for other languages

Offer crisis intervention, safety counseling, and local referrals

National Sexual Assault Hotline

1.800.656.HOPE (4673)

www.rainn.org

Hours: 24-hour

Languages: English and Spanish interpreters

Anonymous information, counseling, and referral service. Counselors are trained in suicide counseling.

Rape Crisis Lines

Chapel Hill: 1-866-WeListen

Raleigh: 919-618-RAPE

Durham: 919-688-2883

Orange Country Rape Crisis Center website: <http://www.ocrcc.org/>

Nutrition and Eating Disorders

1-630-577-1330

National association of anorexia nervosa and associated disorders hotline.

Disaster Distress Helpline (SAMHSA)

1-800-985-5990

Hours: 24-hour

Provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Languages: English and Spanish

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Children and Families

Boys and Girls Town National Hotline

1-800-448-3000

Hours: 24-hour

Language: English- and Spanish-speaking counselors, and translation services for 100+ languages

[A toll-free national hotline for youth/parents to call with any problems they may have, including crisis and suicide hotlines. Professional counselors give support and can help find local services/agencies.](#)

National Runaway Hotline

800-621-4000

www.1800runaway.org/

Hours: 24-hour

Languages: English and Spanish; translation services for other languages

Ensure that runaways are as safe as possible. They administer a program called "Home Free," which provides free Greyhound bus tickets to reunite runaways with their families. There is a mandatory screening process for this service and they require documentation and evidence that the runaways are actually returning home to a parent or guardian.

Childhelp USA National Child Abuse Hotline

1-800- 4A-child (1-800-422-4453)

www.childhelp.org/

Hours: 24-hour

Languages: English and translation services for other languages

An anonymous hotline that offers short term crisis counseling, information on help groups, parenting advice, referrals, and advice to adult survivors and domestic violence victims.

Prevent Child Abuse North Carolina

1.800.CHILDREN (1.800.244.5373)

<https://www.preventchildabusenc.org/>

Hours: Mon – Fri (8:30 a.m. -5 p.m.)

An information and referral service; not a legal service

Children and Adolescents

The Trevor Project: LGBTQ support

1-866-488-7386

<http://www.thetrevorproject.org/> Hours: 24-hour Language: English Crisis intervention and suicide prevention services targeting lesbian, gay, bisexual, transgender, questioning, and other queer youth. Website includes a support center with resource guides, as well as instant message and text messaging support.

Covenant House Nine Line

1-800-999-9999

Hours: 2 p.m. – 12 a.m.

Offer counsel to teens facing life crises and offer information for further resources. Specializes in issues faced by homeless, abandoned, abused, trafficked, exploited, and runaway youth.

National Teen Dating Abuse Helpline

866-331-9474

Hours: 4 p.m. – 2 a.m. live online chat

www.thehotline.org/

Ditch the Label

Global youth charity that helps young people ages 12-25 navigate problems from mental health and bullying to identity and relationships

Website: <https://www.ditchthelabel.org/>

Service Agencies

Note: Unfortunately, some community service agencies and clinics are unable to accept teens or families who they consider to be "higher risk" due to lack of 24-hour on-call backup care and to the fact that therapists may be graduate students in training. Each service agency has their own screening process, so please ask us if you have questions we can help with or contact the agency with questions directly.

Children Only

UNC Center for Development and Learning (CDL)

919-966-5171

Full psychological assessment and treatment for learning disorders and developmental disabilities.

UNC Children's Mental Health Services

984-974-2199

www.uncchildrens.org/uncmc/unc-childrens/care-treatment/mental-health/

Consultation services to the Department of Pediatrics on inpatient pediatric units and in the outpatient pediatric clinics for children and adolescents who have problems with mood, anxiety, attention, behavior or adjustment to illness

Duke Child Development and Behavioral Health Clinic

919-668-5559

411 Trent Drive, Durham, NC 27710

Children and Adults

Freedom House

Chapel Hill Recovery Center: 919-942-2803

Orange/Person County Mobile Crisis: 866-275-9552

Outpatient mental health services, including low-fee psychiatry. Also provide services for addiction issues and for individuals with current or recent suicidal thoughts or suicide attempts.

UNC Psychological Services Clinic

919-962-6906

UNC Chapel Hill, CB#3270, Davie Hall, Chapel Hill, NC 27599-3270

<http://clinic.unc.edu/>

Psychotherapy and assessment services for children, adults, and families.

Children and Families

Center for Child and Family Health (CCFH)

919-385-0701

1121 W. Chapel Hill Street – Ste. 100, Durham NC 27701

<http://www.ccfhnc.org/>

Psychotherapy and assessment services for children and families who experienced trauma, and for young children with significant oppositional behaviors

UNC Child and Adolescent Psychiatry Clinic

984-974-5217

<https://www.med.unc.edu/psych/patient-care/child-adolescent>

For children and families with mental health concerns can find comprehensive evaluation and treatment services.

UNC TEACCH

Chapel Hill Chapter: 919-966-5156

Assessment, treatment, consultation, family and school services for autism spectrum disorders and developmental disabilities.

Children, Adults, and Families

Duke Psychological Services Clinic

919-660-5771

Duke University, Psychology-Sociology Building, Suite 312, Durham, NC 27708

<http://psychandneuro.duke.edu/graduate/trainin/g/clinical/clinic>

Psychotherapy and assessment services for children, adults, and families.

Duke Child and Family Study Center

919-385-3232

2608 Erwin Rd, Durham, NC 27705

Programs and Clinics for various psychosocial needs:

- **Duke Attention Deficit Hyperactivity Disorder (ADHD) Clinic** (919) 681-9185 offers assessments and therapy for children and adults
- The **Duke Center for Adolescent and Young Adult Substance Use Treatment (CAST)** is a program that offers

comprehensive substance use disorder evaluations and recommendations, different therapy options, and school-mandated substance use treatment programs.

- [Duke Center for Eating Disorders](#)
- [Duke Family Studies Program and Clinic](#) offers couples and family therapy
- **The Duke Psychosocial Treatment Clinic** offers diagnostic assessments and treatment for anxiety disorders, mood disorders, depression, school refusal, obsessive-compulsive disorder, parent-child relationship difficulties, adjustment disorder, Tourette's syndrome and tic disorders, and other concerns.

Clinics which are Duke University Hospital Outpatient Departments include:

- [Duke Autism Clinic](#)
- [Duke Children's Evaluation Center](#)
- [Duke Pediatric Neuropsychology](#)

Pro-Bono Counseling Network (new)

<https://www.probonocounselingnetwork.org/>

Offers free counseling sessions to underinsured residents of Orange, Person, Chatham, and Durham counties

**Currently only waitlist is available as of (6/23):

<https://www.probonocounselingnetwork.org/see-king-care/>

Family Support Network

919-966-2841

<http://fsp.unc.edu/>

Connections to local services and advocacy.

Directories

These directories are not an exhaustive list of all available private practice therapists, psychiatrists, or counselors in the area. But they can make the process of searching for a provider easier by filtering by insurance, virtual/in-person, etc. If the resources below aren't the best fit for you or don't have capacity, you can visit www.psychologytoday.com/us/therapists/ to find a provider that fits your location, insurance, content-specific, and demographic needs, among others. Don't hesitate to reach out directly to multiple providers; many offer quick and free introduction calls to see if they would be a good fit for your needs.

Finding Providers

- Therapyforblackgirls.com
- Therapyforblackmen.org
- [Association of Black Psychologists](#)
- BlackMenHeal.org - First 8 sessions are free!
- InclusiveTherapists.com
- TherapyforQPOC.com
- [National Queer & Trans Therapists of Color Network](#) Directory
- List of [other organizations supporting mental health](#) in Black communities
- TherapyDen.com
- SadGirlsClub.org for millennial and Gen Z womxn, girls, and femmes of color
- TheLovelandFoundation.org - provides financial assistance to Black women/girls seeking therapy

Directories for Latinx People

- [Therapy for Latinx](#)
- [Latinx Therapy](#)

Directories for Asian People

- [Asian Pacific Islander Desi American \(APIDA\) Therapist Directory](#)
- [South Asian Mental Health Initiative Network](#)

- [Therapy for Asian Americans and Pacific Islanders](#)

Directories for Indigenous People

- [Indian Health Service Directory](#)

General Multicultural & Religious Directories

- [Inclusive Therapists](#)
- [Psychology Today](#)
- [Melanin & Mental Health](#)
- [Ayana Therapy](#) (free therapy for frontline workers)
- [Sukhi](#)
- [Zencare](#)
- [Institute for Muslim Mental Health](#)
- [National Jewish Health](#)
- [Innopsych Directory of Therapists of Color](#)