

Hotline Numbers

Atrium Behavioral Health Center 24/7

Psychiatric Emergency Help Line: 704-444-2400

Cardinal Innovations Crisis Line: 1-800-939-5911

- Can recommend local walk-in resources
- Can dispatch a mobile crisis unit for assessment
- Can help you determine what therapists and treatment centers are covered by your health insurance
- Can help you set up an appointment with a local provider
- Can talk to you about immediate needs & concerns

Mobile Crisis (CriSyS): 704-566-3410

- Can assess immediate risk
- Can coordinate referrals for treatment services
- Can dispatch a mobile counselor

National Hopeline: 1-800-SUICIDE (784-2433)

National Sexual Assault Hotline: 1-800-656-4673 (HOPE)

National Suicide Prevention Hotline: 1-800-273-8255 (TALK)

Safe Alliance – Help for Those Experiencing Domestic Violence

- Assistance with Domestic Violence Protective Orders 704-336-4126
- 24-Hour Domestic Violence Hotline and Shelter 704-332-2513
- 24-Hour Sexual Trauma Resource Center Crisis Line 704-375-9900

SAMHSA National Helpline: 1-800-662-4357 (HELP)

- Provides 24/7 treatment information and referral information in English & Spanish for those experiencing mental health concerns and substance use concerns
- TTY: 1-800-487-4889

Suicide Prevention Lifeline for the Deaf, Hard of Hearing or individuals with hearing Loss:

- Video relay Service – Dial 800-273-8255
- TTY – Dial 800-799-4889
- Voice/Caption Phone – Dial 800-273-8255

Teen Talk Line: 1-800-650-8336

The Trevor Project: 1-866-488-7386

- Provides crisis intervention and suicide prevention services to LGBTQ+ youth ages 13-24

Veterans Crisis Line: 1-800-273-8255 (Press 1)

Ayuda en Español: 1-888-628-9454

NOT SURE WHAT YOU NEED?

It can be hard to navigate next steps. If you are NOT experiencing a mental health emergency and would like guidance on navigating mental health resources, you can contact our wellness director, Mollee Reitz at

Office: 704-714-6979

Mobile: 704-575-8663

Email: reitzm@christchurch-charlotte.org

She can provide information on local resources and empower you to make an informed choice about your next steps.

If you are experiencing a medical or mental health emergency:

Call the Cardinal Innovations Crisis line at

1-800-939-5911

Call **911**

Or drive to your nearest emergency room.



Texting Resources

Crisis Text Line: Text “Home” to 741-741

The Trevor Project: Text “Start” to 678-678

The Trevor Project aims to help LGBTQ+ youth ages 13-24.

How to Find a Therapist

You’ve decided that you would like to meet with a counselor or therapist but feel unsure of where to start. Our wellness director, Mollee Reitz, is happy to help you navigate our local resources. If you would prefer to search on your own, you can also use:

Cardinal Innovations Provider Locator

- Can be used to find providers that accept Medicaid & Medicare
- Can search by provider specialty, location, and service type

GoodTherapy

- Can be used to find providers that accept all insurances
- Users can search by location, insurance(s) accepted, provider specialty, provider gender and office accessibility.

Psychology Today

- Can be used to find providers that accept all insurances
- Users can search by location, insurance(s) accepted, provider specialty, provider gender, and ages seen.

Walk-in Mental Health Services

Monarch Walk in Services: 704-525-3255

5700 Executive Center Dr., Suite 110, Charlotte, NC 28212

SECU Youth Crisis Center through Monarch: 844-263-0050 or 704-206-2342

1810 Back Creek Drive, Charlotte, NC, 28213

Amara Wellness Walk in Services: 704-567-0790

5108 Reagan Drive, Suite 9, Charlotte, NC

How to Report Abuse

If you are concerned about abuse, you can make a report to the Mecklenburg County Department of Social Services or police department at the following numbers:

Adult Protective Services Hotline (for older and/or disabled adults): 704-336-CARE (2273)

Child abuse, neglect or human trafficking 24-hour HELP Line: 980-31-HELPS (43577)

CMPD Domestic Violence Unit 704-336-2379

To report domestic violence in progress, call 911.

Local Addiction-Related Support Meetings

AI Anon & Alateen Meetings in Charlotte: <http://www.charlottealanon.org/public/meeting%20list.php>

Alcoholics Anonymous (AA) Meetings in Charlotte: <https://charlotteaa.org/meetings/>

Narcotic Anonymous Meetings in Charlotte: <https://www.crna.org/area-service-committees/greater-charlotte-area-meeting-schedule/>

Support Meetings at Christ Church

Survivors of Suicide (SoS) Support Group

This group brings together people who have been affected by the suicide of a loved one. Shared pain and care has power to elevate hope and provide holy comfort. For more information, contact The Reverend Lisa Saunders at saundersl@christchurchcharlotte.org.

Online Resources

American Foundation for Suicide Prevention: <https://afsp.org/>

This website shares information on suicide, information on seeking help, information on advocacy, and ways that you can help your community prevent suicides. It also provides up-to-date research on suicide & suicide prevention and support for those who have lost a loved one.

It's Okay 2 Ask: Youth Suicide Prevention: <https://www.itsok2ask.com/>

This website provides information for adolescents and young adults how to speak with their peers about mental health concerns and suicide.

The Jason Foundation: <http://jasonfoundation.com/>

The Jason Foundation provides educational information for students, parents, and educators on suicide prevention and how to help at-risk youth.

PFLAG: <https://pflagcharlotte.org/>

PFlag Charlotte provides education, resources, support, and advocacy for LGBTQ+ individuals, families, and allies. Learn how to save lives, strengthen families, and empower LGBTQ+ individuals and allies.

Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

In addition to running the 24/7 Suicide Prevention lifeline, Suicide Prevention Lifeline's website provides information on specific suicide prevention resources for a variety of populations including veterans, those who have experienced natural disasters, Native Americans, LGBTQ+ individuals, youth, and those who have lost a loved one to suicide.

