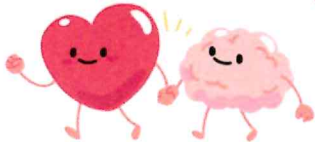


# IT'S OKAY TO ASK FOR HELP



**You don't have to fight your battle alone**



**TALK to your Provider today  
or connect with a live  
person 24/7**



**Sad**



**Mad**



**Scared**



**Happy**

**Do you know someone  
who needs help now?**

Call/Text **988**

or

Text **"HOME"** to **741741**



## **Active Suicidal Thoughts?**

Call 911 and request a  
CIT officer  
(CRISIS Intervention Trained)  
or go to your nearest  
emergency room.

## **National Suicide Prevention Lifeline**

1-800-273- Talk (8255)

## **In-Person Services**

**Guilford County  
Behavioral Health Urgent Care**  
931 Third St. Greensboro, NC

**Mobile Crisis**  
(Alamance, Caswell, & Pearson Counties)  
**1-844-709-4097**

## **Medicaid 24/7 Mental Health Crisis Hotline**

**Carolina Complete Health:**  
1-855-798-7093  
**WellCare:** 1-833-207-4240  
**Vaya Health:** 1-800-849-6127  
**Trillium :** 1-888-302-0738

## **LGBTQ**

**The Trevor Project**  
1-866-488-7386  
Text **"START"** to **678-678**  
**LGBT National Hotline**  
1-888-843-4564  
**Transgender Lifeline**  
1-877-565-8860  
**SAGE LGBT Elder Hotline**  
1-877-360-LGBT (5428)

## **RHA Crisis and Diversion Center**

(Walk in 8am-12am)  
**963 Kirkpatrick Rd.**  
**Burlington, NC**

**\*Entrance door is to the right of  
the main automatic sliding  
doors on the ground level**

**YOU ARE NEVER ALONE**  
**Burlington/Mebane Pediatrics**  
Phone Number: 336-228-8316

