

Crisis Numbers

Suicide

Text to chat: Text HOME to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

National Suicide Prevention Lifeline:

www.suicidepreventionlifeline.org/chat

Crisis Text Line: www.crisistextline.org

REAL Crisis: 252-758-4357

Mental Health and Substance Use

Mobile Crisis/Integrated Family Services:

1-866-437-1821

Integrated Family Services Crisis Chat:

www.integratedfamilyservices.net/crisis-chat-service

Trillium Crisis: 1-877-685-2415

NC Crisis Solutions: www.crisissolutionsnc.org

Domestic and Partner Violence

Center for Family Violence Prevention: 252-752-3811