

LOCAL COMMUNITY RESOURCES

Criminal Justice

Forsyth County D.A.'s Office	336-779-6310
NC Victim Assistance Network	1-919-831-2857
Legal Aid	336-725-9162
Winston Salem PD - non emergency	336-773-7700
Forsyth County Sheriff's Dept non emergency	336-727-2112

Domestic Violence Crisis Intervention/Resources

Domestic Violence Crisis Line (local)	336-723-8125
Bridges To Hope (Domestic Violence)	336-776-3255
Sexual Assault Response (local)	336-722-4457

Family, Peer (12 step) or Crisis Support

AA/Alcoholics Anonymous 24/7	336-725-6031
Al-Anon Winston-Salem (Family Support)	336-723-1452
Drug Addicts Anonymous	336-406-3385
Green Tree Peer Center	336-429-4086
Mental Health Association (MHA)	336-768-3880
NA/Narcotics Anonymous - Twin City Area	800-365-1035
Nar-Anon (Family) carolina-naranon.org	800-477-6291
Parents of Addicted Loved Clemmons	336-766-6375
One Support Group	
SOLSTUS Support Group (OD Death)	336-789-2922

Food Assistance

Samaritan Ministries - free lunch daily 11 am to 1 pm	
Rescue Mission - Daily: Breakfast 6:30 - 7:30 / Lunch 11am - noon	
Dinner: 4 - 5pm	

Other

Child Abuse Prevention, SCAN/Exchange	336-748-9028
Dept. of Social Services /Forsyth Co. DSS	336-703-3501
FaithHealth NC	336-716-3027
Family Services, Inc.	336-722-8173
Kiran - people in crisis from Bangladesh	1-877-625-4726
Bhutan,Burma, India, Nepal, Pakistan, Sri Lanka	
Positive Wellness Alliance (HIV Care)	336-722-0976
PTRC - Omsbudsman & Geriatric	336-904-0300
Social Security Administration	1-877-430-7672

Shelters

Bethesda Center	336-722-9951
Salvation Army (women & family)	336-777-8611
Samaritan Ministries (men only)	336-748-1962
W-S Rescue Mission (men only)	336-723-1848

Homeless Resources

City with Dwellings-Community First Ctr.	336-790-9766
Community Intake Center	336-788-4965
Empowerment Project	336-448-2672
Eureka House (Men Only)	336-782-3075
Experiment in Self Reliance	336-722-9400
Greenest (furniture)	336-661-8091
Housing Authority of Winston-Salem	336-727-8500
Next Step Ministries (Domestic Violence)	336-413-5858
Prosperity Center	336-788-4965

https://www.ncdhhs.gov/assistance

NATIONAL SUICIDE PREVENTION

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



SUICIDE WARNING SIGNS CHECKLIST

These signs from the checklist below may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ☐ Wants to die or to kill oneself
- ☐ Looks for a way to kill oneself, such as searching ways online or buying a gun
- ☐ Feels hopeless or has no reason to live
- ☐ Feels trapped or in unbearable pain
- ☐ Feels like a burden to others
- ☐ Increases the use of alcohol or drugs
- ☐ Acts anxious or agitated; behaving recklessly
- ☐ Sleeps too little or too much
- ☐ Withdraws or feeling isolated
- ☐ Shows rage or talks about seeking revenge
- ☐ Displays extreme mood swings

TROUBLE COPING?

Symptoms or problems may come and go. It's important to know when to ask for help. Call the Lifeline if you or someone you know is experiencing any of the problems from the checklist below, especially if a problem makes it hard to get through the day or gets worse.

- ☐ Eats or sleeps too much or too little
- ☐ Pulls away from people and things
- ☐ Has low or no energy
- ☐ Feels numb or like nothing matters
- ☐ Complains about unexplained aches and pains
- ☐ Feels helpless or hopeless
- ☐ Smokes, drinks, or uses illicit/street drugs
- ☐ Feels unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- ☐ Fights with family and friends
- ☐ Unable to get rid of troubling thoughts and memories
- ☐ Thinks of hurting or killing oneself or someone else
- ☐ Has trouble performing daily tasks including: showering, parenting, working or school

Information from www.samhsa.org

AFTERCARE INSTRUCTIONS

MENTAL HEALTH/SUBSTANCE USE: WHERE TO START

- ☐ **Mobile Crisis/Mobile Engagement Team** - For a behavioral health crisis 24/7/365 on scene crisis assessment -1-866-275-9552
- ☐ **Behavioral Health Urgent Care** - evaluation 24/7/365 - can connect to treatment - 336-955-8430
- ☐ **Facility Based Crisis** - evaluation 24/7/365 short term inpatient stay - 336-300-8826
- ☐ **Partners Crisis** for a licensed clinician 24/7/365 1-888-235-4673 (Medicaid or No Insurance)
- ☐ If person receives an **Enhanced Service** (ACT, CST, IIH, MST, etc.), contact their team specific Crisis number which they/caregiver should be able to provide readily.

BEHAVIORAL CRISIS ASSESSMENT LOCATIONS

Daymark
650 N Highland Ave 336-607-8523
Walk in clinic Mon-Fri 8 am – 5 pm
Behavioral Urgent Care 24/7/365 336-955-8430

Novant Outpatient Behavioral Health
175 Kimel Park 336-718-3550
Must call for an appointment 8 am – 11 pm

Old Vineyard Behavioral Health
3637 Old Vineyard Rd 336-794-3550
Must call first and ask for Intake

Daymark Mobile Crisis
1-866-275-9552 on scene response by clinician

Monarch Mobile Crisis
1-888-581-9988 Monarch clients only

Veterans Crisis
1-800-273-8255 (press option 1)

Kernersville VA Behavioral Clinic
336-515-5000 ext 28500 Mon - Fri 8 am - 430 pm
Walk in for VA connected only

CRISIS SUPPORT

IN CASE OF AN EMERGENCY, CALL 9-1-1

FROST

Forsyth Regional Opioid & Substance Use Team

336-486-0103

BEHAVIORAL HEALTH

Behavioral health refers to mental/emotional well-being and/or actions that affect wellness. Behavioral health problems include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide, and mental disorders.

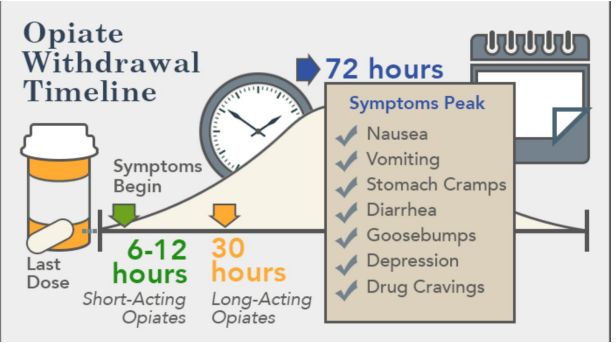
MENTAL HEALTH

Mental disorders involve changes in thinking, mood, and/or behavior. These disorders can affect how we relate to others and make choices. Mental disorders take different forms, with some rooted in deep levels of anxiety, extreme changes in mood, or reduced ability to focus or behave appropriately. Others involve unwanted, intrusive thoughts and some may cause auditory and/or visual hallucinations or false beliefs about basic aspects of reality. A formal diagnosis often depends on a reduction in a person’s ability to function as a result of the disorder.

SUBSTANCE USE

Substance use disorders (SUDs) are defined as mild, moderate, or severe to indicate the level of severity. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A SUD diagnosis is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.

SYMPTOMS OF WITHDRAWAL



OPIOID OVERDOSE RISK FACTORS

- ☐ History of a substance use disorder
- ☐ History of mental health issues
- ☐ Opioid Use Disorder and release from jail, treatment or a hospital. Tolerance, the amount your body can handle, is lower due to lack of use.
- ☐ Inject opioids or use prescription opioids, especially at high doses
- ☐ Use opioids in combination with sedatives or stimulants. Sedatives slow your breathing even more. Stimulant effects wear off quickly, and the opioid can cause an overdose.
- ☐ Use opioids and have medical conditions including heart or bone infections.
- ☐ Household members where opioids (including prescription opioids) are accessible

Drop boxes are available throughout the county to dispose of unused or old medications.

RECOGNIZE OPIOID OVERDOSE

Opioids include some pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information will help you tell the difference. If you still can not tell the difference, it is best to treat the situation like an overdose — it could save someone’s life. If you feel someone is getting too high, it is important that you DO NOT leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing. **DO NOT LET THEM SLEEP IT OFF!**

If someone is making unfamiliar sounds while “sleeping”, try to wake them up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

- ☐ Pupils may contract and appear small
- ☐ Loss of consciousness
- ☐ Muscles are slack and droopy; Body is very limp
- ☐ Scratch a lot due to itchy skin
- ☐ Speech may be slurred
- ☐ Vomiting
- ☐ They might be out of it, but can respond to outside stimulus like loud noise or a light shake from a friend
- ☐ Unresponsive to outside stimulus
- ☐ Awake, but unable to talk; They might “nod out”
- ☐ Face is very pale or clammy
- ☐ Fingernails and lips turn blue or purplish black
- ☐ For lighter skinned people, the skin tone turns bluish purple. For darker skinned people, skin turns grayish or ashen
- ☐ Breathing is very slow and shallow, erratic or has stopped
- ☐ Pulse (heartbeat) is slow, erratic or not there at all
- ☐ Choking sounds or a snore-like gurgling noise

It is rare for someone to die instantly from an overdose. People survive because someone was there to respond. The most important thing is to act right away!

WHAT IF I HAVE NO INSURANCE?

Partners serves members through Medicaid, state and county-funded insurance plans. Partners incorporates a community-based model of care, a network of highly-skilled providers and local support partners to improve the health and wellness of members. Call 1-877-864-1454 for support. You may qualify for services with no insurance.

SUBSTANCE USE TREATMENT

- ARCA** 336-784-9470 / 1-877-615-2722
Call for an assessment appointment
- Daymark** 650 N Highland Ave 336-607-8523
Walk in clinic Mon-Fri 8 am – 5 pm
Behavioral Urgent Care 24/7/365 336-955-8430
- Insight** 655 W 4th St. 336-725-8389
Mon and Fri 8 am - 1 pm / Wed 8 am - 12 pm
- Novant Outpatient Behavioral Health** 175 Kimel Park 336-718-3550
Must call for an appointment 8 am - 11 pm
- Old Vineyard Behavioral Health**
3637 Old Vineyard Rd 336-794-3550 Must call first and ask for Intake
- Wellpath Community Care Center** 336-579-3525 (offers MAT)
- TROSA** (abstinence-based treatment) 919-419-1059 (Toll Free).....1-833-408-7672

TAKE CARE OF YOURSELF

- Forgetting to take good care of yourself can lead to a mental health or substance use crisis. Here are some suggestions to help you avoid triggering a crisis:
- EAT three meals a day that include healthy foods – fresh fruit and vegetables, whole grain foods and rich sources of protein (chicken and fish).
 - Avoid foods that contain large amounts of sugar, caffeine and food additives.
 - GET an adequate amount of SLEEP each night.
 - AVOID drinking ALCOHOL or using street DRUGS.
 - Spend time outside and exercising every day.
 - Spend time each day doing something you enjoy.
 - Spend time daily with people who make you feel good about yourself; avoid negative people.
 - Have regular check-ups with a health care provider.

STAYING WELL THROUGH SUPPORT

Building a strong support system is important. It is important to remember you have just as much value as anyone else and you deserve support, attention, respect and love. If you reach out to find people in the right places and give them the same kind of support, attention, respect, and love they give you, you will find that you have many strong supporters. YOU can build supports! Develop new friends and supporters by:

- Joining a community activity or special interest group
- Listening closely to others when they are sharing
- Volunteering or taking a course
- Going to sporting events, plays, concerts or movies
- Accepting others as they are

CRISIS PLANNING & WELLNESS PLAN

Anyone who has ever had mental health difficulties needs to develop for themselves, while they are well, a crisis plan. This plan will allow you to maintain some degree of control over your life even when it feels like everything is out of control.

- Developing such a plan takes time.
- Work on it with family members or friends, your counselor, case manager- those comfortable to you.
- Keep a copy of your crisis plan with you and give a copy to your supporters
- Keep cell phone on person at all times (even if disconnected, it should call 9-1-1)

ADDITIONAL RESOURCES

- Comprehensive Fetal Care Center** (Pregnancy and Addiction)
500 Shepherd St Suite 200 336-716-6893
- Twin City Harm Reduction** (Naloxone kits and clean injection supplies)
639 S Green St. 336-529-4492 (call for hours of operation)
- Never Use Alone**
1-800-484-3731
- Atrium Wake Forest Psychiatry**
791 Jonestown Rd 336-716-4551
- Monarch**
4140 N Cherry St 336-306-9620
(Call for new patient appointment. Established clients may walk in Mon-Fri 8 am – 3 pm)

MENTAL HEALTH AND SUBSTANCE USE/ADDICTION

- Phoenix Rising** 336-715-0545
- Addiction Recovery Care Assoc. (ARCA)** 336-784-9470
- Partners**.....1-888-235-4673
- WFU Psychiatry**.....336-716-4551
- Daymark Recovery Services**336-607-8523
- Insight Human Services**336-725-8389
- Mental Health Consultation Clinic** (FC school system).....336-430-0952
- Mobile Crisis/Mobile Engagement**1-866-275-9552
- Monarch NC**.....336-306-9620
- NC START** (I/DD).....1-919-908-0952
- Novant Behavioral Health**336-718-3550
- National Suicide Prevention Line**.....1-800-273-8255
- Old Vineyard - Ask for INTAKE**.....336-794-3550
- Peer Warm Line**.....833-390-7728
- SAMHSA Treatment Referral Helpline**.....1-800-662-4357
- Wellpath Community Care Center**.....336-579-3525
- TROSA** (abstinence-based treatment).....919-419-1059 (Toll Free).....1-833-408-7672

Hospitals

- Forsyth Medical Center**.....336-718-5000
- WFU Baptist Medical Center**.....336-716-2011

Medical Clinics

- Community Care Center** (has LCAS)336-723-7904
- Downtown Health Plaza**.....336-713-9800
- Forsyth County Public Health**.....336-703-3100
- Health Care Access**.....336-723-6565
- Southside United Health Center**.....336-293-8728
- WellPath Community Care Center**.....336-579-3525

Veterans

- Veterans Crisis Line**.....1-800-273-8255 (press 1)
- VA Medical Center – Kernersville**.....336-515-5000
- VA Medical Center – Salisbury**1-800-706-9126

Harm Reduction

- Twin City Harm Reduction (336-529-4492)** Narcan/naloxone kit or clean injection supplies
- Urban Survivors Union** (drug checking services) 336-669-5543

**No Judgement
No Shaming
No Preaching
JUST LOVE!**

Call if you’re going to use when you’re alone. An operator will ask for your first name, EXACT location, and the # you’re calling from. If you stop responding after using, we will notify EMS of an “Unresponsive Person” at your location.

1(800)484-3731
www.NeverUseAlone.com

Mobile Integrated Health (MIH)

336-703-2273 office – 7 days a week