

RESOURCES

Hope4NC Helpline 1-855-587-3463

The stress of life, especially during the ongoing COVID-19 crisis, can feel overwhelming. But you don't have to handle it on your own. The **Hope4NC Helpline** is here to connect North Carolinians with emotional support and mental health resources to help build coping skills and resilience during times of crisis. The helpline is available free of charge to everyone in North Carolina's 100 counties.

HopeLine 919-231-4525

Call or Text. Crisis Line is available 24/7. Text Line is available M-F 3pm-9pm

HopeLine offers free suicide prevention and crisis intervention hotline and textline for adolescents, teens, and adults dealing with difficult life situations. HopeLine Volunteers are available to help people experiencing any kind of problem through free, confidential services immediately accessible by telephone or through texting. HopeLine crisis line volunteers offer caring, non-judgmental, hearing from the heart.

HopeLine operates a free Reassurance Program in which volunteers and staff make calls to individuals in North Carolina who have little or no daily contact with others. These calls provide comfort and hope to every participant and their families. Each call is a daily reminder that there is a compassionate person who is willing to listen. The purpose of this program is to reduce isolation, increase access to community resources, and provide greater peace of mind to participants and their loved ones. HopeLine supports continued efforts to help every participant live independently.

Reassurance calls are intended to be 5-10 minutes and supportive in nature. The Reassurance program is not intended to act as suicide watch or serve as case management for individuals.

Apply Online: <https://www.hopeline-nc.org/reassurance>

NAMI Wake County Helpline: 919-848-4490 (not a crisis line) **Email Address:** admin@nami-wake.org

To make an appointment:

Office Phone: 919-599-5832

120 W. Hargett Street
Raleigh, NC

NAMI Wake County is the local affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. We offer free programming to support individuals and families affected by mental illness in the Wake County area. NAMI Wake embraces the philosophy of recovery. According to the Surgeon General's 2000 report, "Instead of focusing primarily on symptom relief, as the medical

model dictates, recovery casts a much wider spotlight on restoration of self-esteem and identity and on attaining meaningful roles in society.”

In partnership with the City of Raleigh Parks, Recreation, and Cultural Resources Department, NAMI offers Digital Safe Spaces. These are locations in parks and community centers where you can access free Wi-Fi from the privacy of your own car. Go online to find out the password for the location of your choice. <https://nami-wake.org/resources/safespace/> or find a Spillover Location where a password is not necessary.

American Tinnitus Association Conversations in Tinnitus Podcasts
<https://www.ata.org/about-tinnitus/conversations-in-tinnitus-podcasts/>

Episode 12: Meet Dr. Gans - Building Skills In Mindfulness to Manage Tinnitus

Episode 11: Meet Dr. Bruce Hubbard - Habituation to Tinnitus Using Cognitive Behavioral Therapy

Episode 7: Meet Dr. Susan Shore - Breakthrough Using Multisensory Stimulation to Reduce Tinnitus

Start a Support Group: tinnitus@ata.org

988 Suicide and Crisis Lifeline 988 and Select 1

For Deaf, Hard of Hearing or Tinnitus Distraction go to: www.988lifeline.org
Click “CHAT” on the right-hand side of the screen

AFSP Crisis Text Line text TALK to 741-741

AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that’s smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide