**Mental Health Resources**

## 1. National Suicide Prevention Lifeline: 988

**Description:**

988 Suicide & Crisis Lifeline is a national hotline in the United States designed to provide free, confidential support for individuals experiencing mental health crises. It is available all day, every day; individuals can call, text, or chat online at their website, 988lifeline.org. 988 provides support to all demographics; they also route calls to the nearest crisis center if necessary for connection to emergency services

**Usages:**

* Mental health crises
* Suicidal thoughts
* Emotional Distress

## 2. Crisis Text Line

**Description:**

The Crisis Text Line is a 24/7, free, confidential support service for those in crisis. Individuals can text “HOME” to “741741” to speak with a live, trained volunteer Crisis Counselor. This is immediate support through text, and it is always confidential.

**Usages:**

* Gun Violence
* Anxiety
* Eating Disorders
* Depression
* Suicide
* Self-Harm

## 3. Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

**Description:**

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline is a free, fully confidential, 24/7 service that provides support and referrals for individuals and families facing substance abuse and mental health crisis. They provide support in both English and Spanish while also connecting callers to support groups and treatment facilities. SAMHSA does not provide direct crisis counseling but serves as a resource for recovery and mental health support. The phone number is (1-800-622-HELP(4357)) and website [www.samhsa.gov](http://www.samhsa.gov).

**Usages:**

* Addiction recovery
* Detox programs
* Mental Health Support
* Substance use

## 4. National Alliance on Mental Illness (NAMI) Helpline

**Description:**

The National Alliance on Mental Illness (NAMI) is a free, confidential resource that provides information, support, and referrals to individuals affected by mental health conditions. The helpline is available Monday through Friday from 10 am to 10 pm ET, and you can reach them via call, text, or email. They offer support on mental health conditions, treatment options, crisis resources, and local support groups. It is not a crisis hotline, but it provides support to help connect individuals to resources to navigate mental health challenges. The phone number (1-800-950-NAMI(6264)) and website <https://www.nami.org/>.

**Usages:**

* Mood disorders
* Anxiety disorders
* Psychotic disorders
* Eating disorder
* Personality disorder
* Substance Use & Co-Occurring Disorders
* Trama and Stress-Related Issues

# Domestic Violence Resources

## 1. National Domestic Violence Hotline:

Website: <https://www.thehotline.org>

Number: 1 800 799-SAFE(7233) (call), text “START” to 88788, website also offers a live chat

**About the hotline:**

24 hours a day, seven days a week, 365 days a year, the **National Domestic Violence Hotline** provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

**Vision:**  
We envision a world where all relationships are positive, healthy, and free from violence.

**Mission Statement:**  
We answer the call to support and shift power back to those affected by relationship abuse.

The Hotline has answered over [**7 million contacts**](https://www.thehotline.org/news/national-domestic-violence-hotline-answers-7-millionth-contact/), with services operated by expert advocates and other staff members dedicated to spreading education and awareness about domestic violence.

Advocates attend extensive training sessions to prepare for crisis intervention support, safety planning, education, advocacy, and referrals for survivors; they also undergo training to support friends, family members, and others concerned about loved ones experiencing situations of abuse.

We rely on support from generous individuals, corporations, foundations, and federal grants to continue this vital work. Our largest single source of financial support comes from an annual federal grant from the Family Violence Prevention Services Office of the US Department of Health and Human Services. This funding is critical to The Hotline’s continued ability to provide services directly to survivors and their loved ones.

## 2. National Sexual Assault Hotline (RAINN)

Website: <https://rainn.org>

Number: 1-800 656- 4673 (HOPE), also has a whatsapp chat and online chat platform.

**About RAINN:**

RAINN'S MISSION

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE,[**online.rainn.org**](https://online.rainn.org) y [**rainn.org/es**](https://rainn.org/es/)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

## 3. Compass Center

Website: <https://www.compassctr.org>

Number: 919 929-7122

**Vision**

Compass Center envisions a safe and equitable society in which all individuals and families thrive.

**Mission**

Compass Center helps all people navigate their journey to stability, safety, and empowerment. We empower individuals and promote equal access to opportunity regardless of gender or economic status. Our services include career and financial education, domestic violence crisis and prevention programs, assistance with legal resources, and youth health programs.

**Our Approach**

Compass Center believes in meeting people where they are without judgment and supporting their journeys forward with compassionate and practical help. Our prevention, crisis, and stability services and programs address intimate partner violence, promote long-term stability, and support gender equity in our community.

**Our Services**

Compass Center's free and voluntary services help individuals navigate the journey toward safety, stability, and empowerment. We offer equal access to opportunities regardless of economic or gender status. Many of our services are also offered in Spanish.

## 4. InterAct

Website: <https://interactofwake.org>

Number: 919 828-7740 (24-hour crisis line), 866 291-0855 (toll free)

Additional numbers: 919 828-300**5** (sexual assault) 866 291-0853(sexual assault, toll free), 919 828-3067(solace center) 866 291-0854 (solace center, toll free), 844 203-8896 (Spanish)

**ABOUT US**

Dedicated to ending the cycle of domestic and sexual violence in Wake County, North Carolina, InterAct saves lives, rebuilds lives, and secures safer futures for victims and survivors and their families.

**OUR VISION**

Inspired by the belief that every person has the right to be safe and empowered, we envision a community free from domestic and sexual violence where healthy relationships prosper.

**OUR MISSION**

Dedicated to ending the cycle of domestic and sexual violence in Wake County, InterAct saves lives, rebuilds lives, and secures safer futures for victims and survivors and their families.

**WHAT WE DO**

DEDICATED TO ENDING THE CYCLE OF DOMESTIC AND SEXUAL VIOLENCE IN WAKE COUNTY, INTERACT SAVES LIVES, REBUILDS LIVES, AND SECURES SAFER FUTURES FOR VICTIMS, SURVIVORS, AND THEIR FAMILIES.

# HIV Testing Resources

## 1. HIV, Hep C, STD Info from Wake County

Website: <https://www.wake.gov/departments-government/health-human-services/public-health-and-medical-services/hiv-hepatitis-c-and-sexually-transmitted-disease-std-information>

Number: 919-250-3883

Email: [std.program@wake.gov](mailto:std.program@wake.gov)

Information on home testing, Wake County HIV/STD Community programming with lists of clinics and testing availability (cost, appointment, services, etc.), Mpox, prevention education, testing locations and condom sites, treatment (including PrEP), support services for those HIV+, additional resources (CDC, LGBT, MSM, NC stats, PrEP locator)

## 2. North Carolina Department of Health and Human Services: HIV/AIDS

Website: <https://epi.dph.ncdhhs.gov/cd/hiv/lhds.html>

Information on local health departments, alerts, manuals, support services, tools, patient assistance programming