

Mental Health Services			
24 Hour Crisis Hotline	1-866-275-9552		
A.S.H.E. Crisis Hotline	336-246-5430		
Billy Graham Evangelistic Association 24/7 COVID-19 Prayer Line	888-388-2683		
Crisis Text Line	text "HOME" to 741741		
Daymark Mobile Crisis	336-492-2785		
Daymark Recovery Services	336-246-4542		
Disaster Distress Helpline (DDH)	1-800-985-5990	text "TalkWithUs" to 66745	
Hope4Healers Helpline	919-226-2002		
Hope4NC Helpline	1-855-587-3463		
IMALIVE	https://www.imalive.org/online/		
National Domestic Violence Hotline	1-800-799-7233	text "LOVEIS" to 22522	https://www.thehotline.org/
National Suicide Prevention Lifeline	1-800-273-8255		
Pregnancy Option Line	1-800-712-4357		
Samaritans 24-Hour Crisis Hotline	212-673-3000		
SAMHSA's National Helpline (4357)	1-800-662-HELP (4357)		
Vaya Health 24/7 Access to Care Line	1-800-849-6127	https://www.vayahealth.com/get-help/available-services/access-to-care/	

Telehealth			
1.800MD	https://1800md.com/		
Blue Ridge Pediatrics		828-262-0100	call office to set up a telehealth appointment
Cone Health Virtual Care	https://www.conehealth.com/services/virtual-care/		
Daymark Recovery Services		336-246-4542 during regular hours or 866-275-9552 after hours	call office to set up a telehealth appointment
Doctor on Demand	https://www.doctorondemand.com/		
Duke Health Anywhere	https://www.dukehealth.org/treatments/virtual-urgent-care	888-404-1017	
Teladoc Health	https://www.teladoc.com/		
UNC Health Urgent Care 24/7	https://www.uncurgentcare247.com/unhealthcare/landing_home		
WakeMed Virtual Urgent Care	https://www.wakemed.org/virtual-urgent-care		