

<b><u>Mental Health Services</u></b>			
24 Hour Crisis Hotline	1-866-275-9552		
24/7 Access to Care Line	1-800-849-6127	<a href="https://www.vayahealth.com/get-help/available-services/access-to-care/">https://www.vayahealth.com/get-help/available-services/access-to-care/</a>	
A.S.H.E. Crisis Hotline	336-246-5430		
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	
IMALIVE	<a href="https://www.imalive.org/online/">https://www.imalive.org/online/</a>		
National Domestic Violence Hotline	1-800-799-7233	text "LOVEIS" to 22522	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
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	1-800-662-HELP (4357)		
<b><u>Telehealth</u></b>			
Doctor on Demand	<a href="https://www.doctorondemand.com/">https://www.doctorondemand.com/</a>		
1.800MD	<a href="https://1800md.com/">https://1800md.com/</a>		
Cone Health Virtual Care	<a href="https://www.conehealth.com/services/virtual-care/">https://www.conehealth.com/services/virtual-care/</a>		
Duke Health Anywhere	<a href="https://www.dukehealth.org/treatments/virtual-urgent-care">https://www.dukehealth.org/treatments/virtual-urgent-care</a>	888-404-1017	
Teladoc Health	<a href="https://www.teladoc.com/">https://www.teladoc.com/</a>		
UNC Health Urgent Care 24/7	<a href="https://www.uncurgentcare247.com/unhealthcare/landing_home">https://www.uncurgentcare247.com/unhealthcare/landing_home</a>		
WakeMed Virtual Urgent Care	<a href="https://www.wakemed.org/virtual-urgent-care">https://www.wakemed.org/virtual-urgent-care</a>		