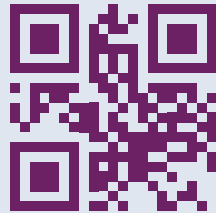


Get support that can make a difference—you don't have to do it alone.

For emergencies, call 911. Request a CIT (Crisis Intervention Team) Officer for a mental-health crisis. They have special training.



ncdhhs.gov

NC Department of Health and Human Services • [ncdhhs.gov](https://www.ncdhhs.gov)  
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Stock photos. Posed by model. For illustrative purposes only.

Appointments or  
Follow-up Information:

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Community Resources  
and Food Resources

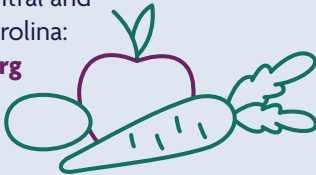
Call 2-1-1 for 24/7 help with food, resources for the homeless and legal aid referrals in multiple languages.

**Food Banks in North Carolina:**  
Second Harvest Food Bank SE NC:  
[hungercantwait.org](https://hungercantwait.org)

Second Harvest Food Bank NW NC:  
[secondharvestnwn.org](https://secondharvestnwn.org)

Second Harvest Food Bank of Metrolina:  
[secondharvestmetrolina.org](https://secondharvestmetrolina.org)

Food Bank of Central and  
Eastern North Carolina:  
[foodbankcenc.org](https://foodbankcenc.org)



Reentry Planning

Find County-by-County Guides at:  
[ourjourney2gether.com](https://ourjourney2gether.com)

**Harm Reduction Resources:**  
Request free naloxone:  
[nextdistro.org/ncgate](https://nextdistro.org/ncgate)

**Domestic Violence Resources:**  
NC Coalition Against Domestic Violence  
Help Map available with resources in all 100  
counties: [nccadv.org/get-help](https://nccadv.org/get-help)



Get Peer Support

Talk to someone who has been there.  
Call the NC Peer Warmline at  
**855-PEERS-NC (855-733-7762)** to talk to  
someone who has personal experience  
with mental health or substance use. It is  
free, private and always available.

When you call the NC Peer Warmline,  
ask to talk to a **Certified Peer Support  
Specialist**, who can help you learn what  
services are available to you.



No matter the  
struggle, you are  
not alone.



Justice-involved?  
Help is available.



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES

## Justice-involved? Help is available.

**Crisis Services:** Get support for mental health, alcohol or substance use.

**Health and Wellbeing:** Get healthcare coverage and health services. Get help with food, energy bills, job placement and more.

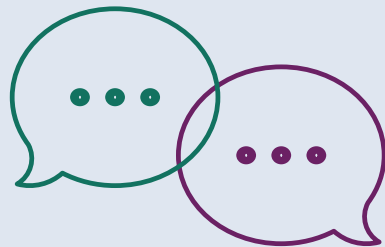


## Talk to Someone Now

Call or text 988 or chat online at **988lifeline.org**—anytime. The 988 Suicide & Crisis Lifeline is here to help.

**In North Carolina, court-involved teens (ages 13-17) can access free therapy at Talkspace.** Ask your counselor for the keyword. Visit **talkspace.com**.

Call **HopeLine NC** at **877-235-4525** to talk to a trained listener 24/7.



## Crisis Services

**Have help come to you.** A trained mental health crisis team will meet you in a safe place as soon as they can. Help is available 24/7 and is free, no matter your insurance.

**Go somewhere safe.** Community crisis centers are safe places to get help, without needing to go to the emergency room. You don't need an appointment.

Learn more:  
**ncdhhs.gov/  
CrisisServices**



## Drug and Alcohol Support

Find support and services for alcohol and substance use by calling the **Alcohol/Drug Council of NC Hotline** at **800-688-4232**.

Find an **Opioid Treatment Center** near you: **thecentralregistry.com/map**

Find a **Syringe Service Program** near you: **bit.ly/nc-safer-syringe-initiative**



## Health and Wellbeing

**Most people leaving incarceration qualify for Medicaid if income requirements are met.** You can apply online at HealthCare.gov or through your local Department of Social Services.

**Community health centers offer low-cost health care services.** Find one near you: **bit.ly/nc-find-a-health-center**

Connect with NC  
Medicaid and DSS:  
Call **1-888-245-0179**  
or visit  
**ncdhhs.gov/localdss**



## Department of Social Services

**Get help paying for groceries** with Food Stamps or SNAP.

**Get help with heating bills.**

**Apply for Work First Family Assistance** for short-term financial help and job training.

*\*\*\*Eligibility based on income and household size.*

## Jobs, Housing and Support

**Need job training or disability employment help?** Contact EIPD: **bit.ly/eipd-local-office-listing**

**For post-release referrals** for jobs, housing, health and more, call the Recidivism Reduction Hotline at **1-888-852-0004**.

