

IN CASE OF EMERGENCY, CALL 911

Cabarrus County Crisis Support



Collaborators:

**Cabarrus County EMS
Cabarrus County Sheriff's Office
Cabarrus Health Alliance
Concord Police Department
Kannapolis Police Department**



First steps

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The information in this brochure is intended for the sole purpose of educating the reader regarding topics related to mental health and substance use and is not meant as a substitute for professional medical advice or treatment. Those who are at risk should seek immediate assistance from emergency personnel or call **911**.

First steps to addressing mental health/substance use

Emergency: Call 911

Suicide prevention: Call the Lifeline at 1-800-273-TALK (8255)

Behavioral crisis: Call Mobile Crisis at 1-866-275-9552.
They will come to you 24/7.

Medicaid or uninsured: Call 1-800-939-5911 to speak with a Cardinal Innovations Healthcare Access Line representative about your options. *Available 24/7.*

Enhanced service needs: For ACT, CST, IIH, MST, etc., contact the appropriate team.

Navigation support:

For individuals from birth to 21, contact Amazing Grace Advocacy at 980-229-3423.

For those 21 and older, contact National Alliance on Mental Illness (NAMI) at 704-486-0365.

UNDERSTANDING TERMS

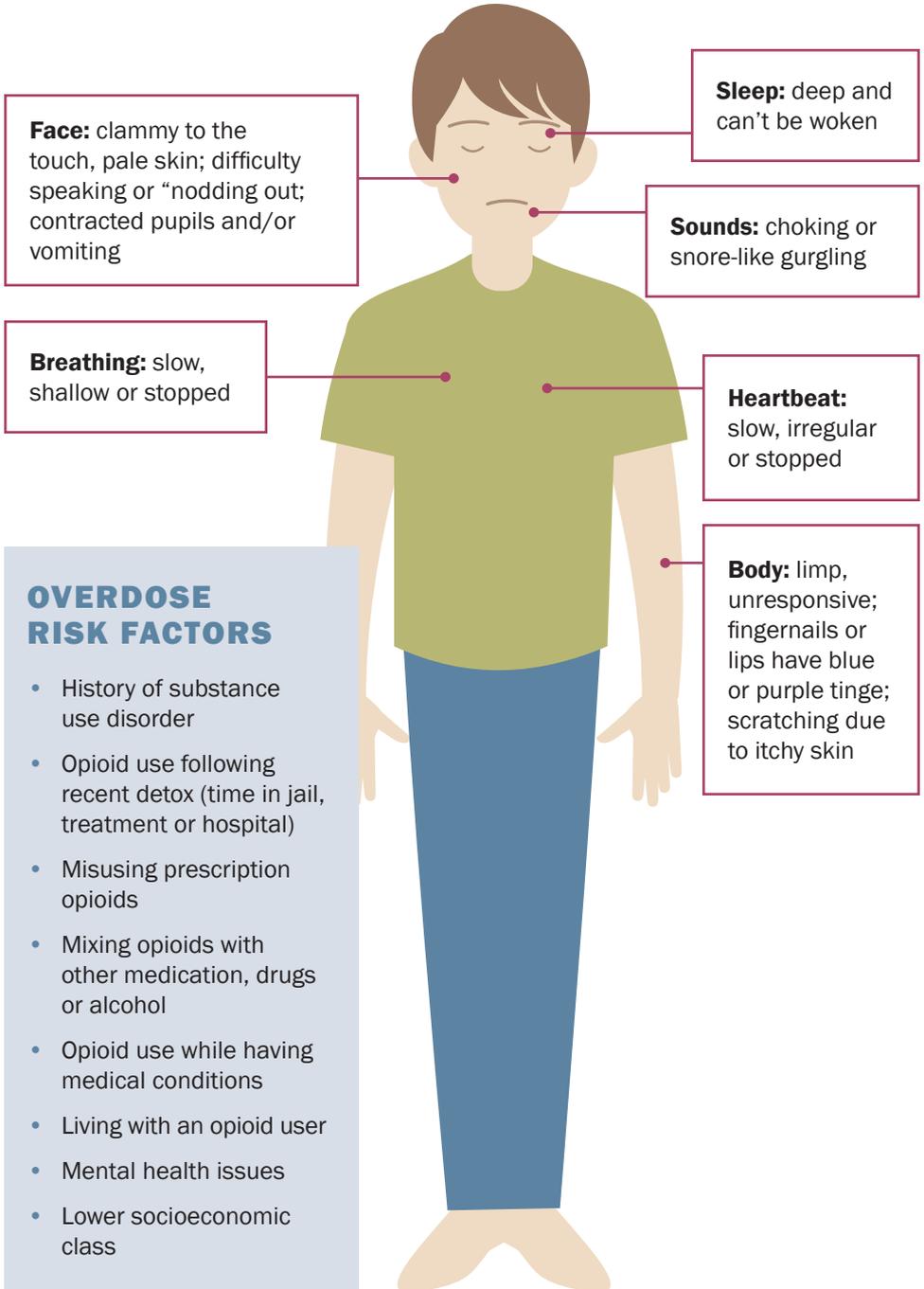
Behavioral health refers to mental/emotional well-being and/or actions that affect wellness. Behavioral health problems include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide and mental disorders.

Mental health disorders involve changes in thinking, mood and/or behavior. They can affect how we relate to others and make choices. Mental health disorders take different forms, such as deep levels of anxiety, extreme changes in mood or reduced ability to focus or behave appropriately. Other disorders involve unwanted thoughts and some may cause a person to see or hear things that are not there or have false beliefs about reality.

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability and failure to meet major responsibilities at work, school or home.

Signs of possible overdose

Opioids include pain medications, heroin and fentanyl. If you can't tell if a person is very high or experiencing an overdose, it's best to treat the situation like an overdose—it could save someone's life.



OVERDOSE RISK FACTORS

- History of substance use disorder
- Opioid use following recent detox (time in jail, treatment or hospital)
- Misusing prescription opioids
- Mixing opioids with other medication, drugs or alcohol
- Opioid use while having medical conditions
- Living with an opioid user
- Mental health issues
- Lower socioeconomic class

SYRINGE SERVICE PROGRAM

Clean injection supplies are available through Cabarrus Health Alliance, 300 Mooresville Road, Kannapolis (noon – 2 p.m. and 3 – 5 p.m. each Monday, Wednesday and Friday) and Trinity United Church of Christ, 38 Church Street NE, Concord (3 – 5 p.m each Tuesday). Call 704-920-1126.

Don't run, call 911

- Keep a cellphone with you at all times. Even if service is disconnected, the cellphone should call 911.
- When you call 911 or act in good faith to help someone in an emergency, including an overdose, there are limited protections through North Carolina's Good Samaritan Law.
- Carry Naloxone to help reverse an overdose. It can be purchased without a prescription at any pharmacy.

Emergency care for overdose victims

1. Do not leave them alone.
2. If person is still conscious, walk them around.
3. Keep them awake—do not let them sleep it off.
4. Monitor their breathing.



Crisis and wellness planning

Anyone experiencing mental health difficulties needs to develop a crisis plan while they are well. The plan allows you to maintain some degree of control over your life, even when it feels like everything is out of control. After you develop your crisis plan, keep a copy with you and give a copy to your supporters.

A plan will help you:

- Outline causes, warning signs and strategies to help de-escalate a crisis
- List resources that are available to you while in crisis
- Provide friends and family members with tools to effectively recognize, manage, plan and prevent a mental health crisis

Caring for yourself

- ☑ Eat three meals a day that include healthy foods
- ☑ Sleep an adequate amount each night
- ☑ Exercise daily and/or spend time outside
- ☑ Do something you enjoy each day
- ☑ Spend time each day with people who make you feel good about yourself
- ☑ Attend regular check-ups with a health care provider
- ☑ Avoid drinking alcohol or using street drugs
- ☑ Avoid negative people

DRUG DISPOSAL

Public drop boxes are available to securely and anonymously dispose of unused medications 24/7. **DO NOT drop syringes.**

Concord: Cabarrus County Sheriff's Office, 30 Corban Avenue SE;
Concord Police Department, 41 Cabarrus Avenue W

Harrisburg: Harrisburg Hometown Pharmacy, 5006 NC-49

Kannapolis: Kannapolis Police Department, 401 Laureate Way

Mt. Pleasant: Moose Pharmacy, 8374 W. Franklin Street

CVS and Walgreens pharmacies offer public drop boxes at select locations. Contact local stores directly to inquire.

For confidential disposal at home using the Deterra Drug Deactivation System, call Cabarrus County EMS Community Paramedics at 704-920-2600 (option 6), seven days a week between 7 a.m. and 7 p.m.

Signs of distress and suicide

These signs may mean someone is at risk for suicide. Risk is greater if the behaviors listed below are new, escalate and/or relate to a painful event, loss or life change. Call the Lifeline 24/7 at 1-800-273-TALK (8255).

- Talks about wanting to die or to kill oneself
- Looks for ways to kill oneself, such as searching methods online or buying a gun
- Unable to get rid of troubling thoughts or memories
- Feels hopeless, numb
- Claims to have no reason to live
- Feels trapped and/or is in unbearable emotional pain
- Talks about being a burden to others
- Withdraws from people or things
- Feels isolated or fights with family and friends
- Increases alcohol and/or drug use
- Acts anxious or agitated; behaves recklessly
- Shows rage or talks about seeking revenge
- Sleeps or eats too little or too much
- Displays extreme mood swings
- Feels unusually confused, forgetful, on edge, angry, upset, worried or scared
- Has trouble performing daily tasks



Build a support system

You are valued and our community has a strong support system in place to help you stay well. All they ask is that you reach out and give them the same support, attention, respect and love they give you.



MAIN PROVIDERS

<p>Daymark Recovery Services, Inc. 280 Executive Park Drive, Suite 160, Concord Walk-in, 24/7 Facility-based crisis services, detox and psychiatry</p>	704-933-3212
<p>McLeod Addictive Disease 300 Copperfield Boulevard, Suite 105, Concord Intake Tuesday, 5 – 10 a.m. Medication-assisted opioid treatment</p>	704-782-3131
<p>Monarch Please call for appropriate services referral. Peer support, intensive in-home, Assertive Community Treatment Team, supported employment services, substance abuse intensive outpatient and medication management</p>	866-272-7826
<p>RHA Behavioral Health Services 219 LePhillip Court NE, Concord Walk-in, Monday – Friday, 9 a.m. – 3 p.m. Outpatient treatment, alcohol/drug group, peer support, community support team and employment services</p>	704-721-5551

LOCAL COMMUNITY RESOURCES

Community health clinics	
Cabarrus Health Alliance	704-920-1000
Community Free Clinic	704-782-0650
CRCHC – Logan Family Medicine	704-792-2313
CRCHC – McGill Family Medicine	704-792-2242
Criminal justice	
Cabarrus County District Attorney’s Office	704-262-5510
Cabarrus County Magistrates’ Office	704-262-5519
Charlotte Center for Legal Advocacy	1-800-438-1254
Legal Aid of North Carolina Concord Office	1-866-219-5262
NC Crime Victim Compensation	1-800-826-6200
NC Victim Assistance Network	1-800-348-5068
Probation/Community Corrections	704-782-0824
Crisis financial assistance	
Cooperative Christian Ministry	704-786-4709
Cabarrus County Human Services	704-920-1400
Salvation Army – Cabarrus & Stanly	704-782-7822
Dental clinics	
Cabarrus Health Alliance Dental	704-920-1070
Community Free Clinic	704-782-0650
Domestic violence, sexual assault and trafficking	
Cabarrus Victim Assistance Network 24/7	704-788-2826
Esther House 24-Hour Crisis Line	704-961-7500
Family Crisis Center – Rowan County	704-636-4718

Domestic violence, sexual assault and trafficking (continued)	
National Domestic Violence Hotline 24/7	1-800-799-7233
National Human Trafficking Resource Center 24/7	1-888-373-7888
National Sexual Assault Hotline 24/7	1-800-656-4673
Present Age Ministries – Trafficking	704-956-2120

Employment & other resources	
Cabarrus County Vocational Rehab	704-788-2172
Cabarrus County Human Services	704-920-1400
Goodwill Opportunity Campus	704-372-3434
NC Works Career Center – Cabarrus	704-786-3183
Social Security Administration	1-800-772-1213
Unemployment Insurance Benefits	1-888-737-0259

Family & peer support; Crisis / WRAP plans	
Alcoholics Anonymous (AA) Hotline 24/7	704-332-4387
Al-Anon (Family support for alcohol use disorder) Concord	704-523-1159
Amazing Grace Advocacy	980-229-3423
Celebrate Recovery Support Group	celebraterecovery.com
Family Support Network	980-522-8740
Heroin Anonymous – Crossroads Church	704-795-0423
Mental Health America (MHA)	704-365-3454
National Alliance on Mental Illness (NAMI) Connection Recovery Group	704-963-9199
Narcotics Anonymous Greater Piedmont	704-640-6488
Nar-Anon Family Group	1-800-477-6291
RU Recovery Program – Faith Baptist	704-791-5987
Turning Point Family Services	980-781-5156

Food & clothing assistance	
Angel Food Ministry – Grocery Relief	704-814-9785
Baptist Sharing House	704-788-6507
Cabarrus Regional Urban Ministry	704-793-4740
Cooperative Christian Ministry	704-786-4709
Cabarrus Dream Center	980-215-9725
Operation Breadbasket	704-784-2581
Opportunity House	704-786-4020
Salvation Army	704-782-7822
The Salvation Army Center for Hope	704-782-7710
Women, Infants & Children (WIC)	704-920-1204

Housing resources & shelters	
Center of Hope Night Shelter	704-782-7710
Church of God Children's Home	704-788-1164
Community Link NC	1-800-977-1969
Concord Housing Authority	704-920-6100
Cooperative Christian Ministry	704-918-1269
Operation Homeless	704-932-6882
Opportunity House	704-786-4020
Prosperity Unlimited, Inc.	704-933-7405
Salvation Army	704-782-7822

Housing resources & shelters (continued)

The Salvation Army Center for Hope	704-782-7710
The Relatives Youth Crisis Center Hotline 24/7	704-377-0602

Mental health, substance use / Addiction & recovery

Anuvia Prevention & Recovery – Charlotte	704-376-7447
AYA House – Concord	704-784-2592
Capstone Women’s Recovery Center – Salisbury	704-749-0797
Center for Emotional Health	704-237-4240
Charlotte Rescue Mission	704-333-4673
CMC Randolph Behavioral Health – Charlotte	704-444-2400
Daymark Recovery Services	704-933-3212
Fresh Start Sober Living – Charlotte	704-264-1005
Genesis: A New Beginning	704-720-7770
Hope Haven – Charlotte	704-372-8809
Monarch	866-272-7826
North Carolina Oxford Houses	919-395-8192
NorthEast Psychiatric Services	704-403-1800
RHA Behavioral Health Services	704-721-5551
Urban Ministry	704-347-0278
Serenity House – Concord	704-786-8722
Substance Abuse Education and Recovery (SABER) Screening	704-926-0618

Prescription assistance

NC Med Assist	1-866-331-1348
NeedyMeds	needymeds.com
Partnership for Prescription Assistance	1-888-477-2669
Rx Outreach	1-877-727-9928

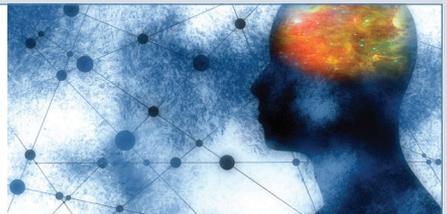
Transportation

Cabarrus County Transportation Services	704-920-2246
Rider Transit	704-920-7433

Veterans services

Cabarrus County Veterans Services Office	704-920-2869
Family Endeavors Charlotte Office	704-780-4950
NCServes Metrolina	1-855-425-8838
VA Healthcare Center – Charlotte	704-329-1300
VA Medical Center – Salisbury	1-800-706-9126
Veterans Crisis Line	1-800-273-8255

**Cabarrus County
Mental Health Initiative**
Action · Resources · Information
www.healthycabarrus.org/mentalhealth





Suicide is preventable

Call the Lifeline at 1-800-273-TALK (8255)

The Lifeline provides free and confidential support 24/7