

WEATHERING THE STORM: Finding a Mental Health or Substance Use Provider

Vaya Health can assist with connecting people with mental health and substance use needs to crisis services or routine mental health and substance use services.

- **Crisis Support:** Call Vaya Health's 24/7 Behavioral Health Crisis Line at **1-800-849-6127**.
- **Routine MH/SUD Care:** For connection to mental health or substance use services, contact the Vaya Member Services Line at **1-800-962-9003** (Monday-Saturday, 7 a.m.-6 p.m.).

Psychiatric Consultation Support for Primary Care Practices (NC-PAL)

For **pediatric and perinatal mental health** consultation, call NC-PAL at **919-681-2909** (Monday-Friday, 8 a.m.-5 p.m.)

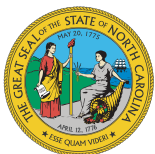
- Press 1 for Child Psychiatry questions.
- Press 2 for Perinatal Psychiatry or Substance Use questions (in collaboration with the Maternal Mental Health MATTERS program).

Just Need Someone to Talk to

If individuals need someone to talk to, direct them to the **988 Suicide & Crisis Line** (available 24/7):

- Call or text **988**, or visit 988lifeline.org.
- For Spanish support, press option 2 or text "AYUDA" to 988.

First responders or volunteers experiencing emotional stress can call the **Hope4NC Helpline** at **1-855-587-3463** for free, confidential support, 24/7.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

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