

## Crisis Intervention Resources

Anyone may request crisis or emergency services in North Carolina for mental health, substance abuse, intellectual and developmental disabilities issues, regardless of insurance status. You may access help in the following ways:

- Find help for a mental health and substance use crisis [in your county](#)
- If this is a medical or a life-threatening emergency, please call 911
- If you need to contact the police, request a Crisis Intervention Team officer

If you or someone you know is at risk or contemplating suicide, seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) \* or chat at [SuicidePreventionLifeline.org](https://www.suicidepreventionlifeline.org).

\*Press 1 for Veterans or military members.

If you are receiving [NC Innovations Waiver Services](#), you should contact your service provider as a first step in coordinating services for a behavioral health crisis. Our service provider will assist you in connecting with a crisis service provider as necessary. If you are receiving the Supported Living service, you must have a crisis plan outlined in your individual support plan that identifies steps you and others should take in an emergency.