

## CRISIS SOLUTIONS NORTH CAROLINA GUILFORD

Crisis Services for Guilford County are managed by: [Sandhills Center for MH/DD/SA Services](#)

### **YOU HAVE A CHOICE ABOUT HOW TO GET SERVICES WHEN YOU ARE IN A CRISIS**

#### **Phone First...**

**Sandhills Center for MH/DD/SA Services** Access Center is available 24 hours a day, 7 days a week. Customer Service Specialists will assist you to find a crisis provider that is well-matched with your needs. Your local number is: **800-256-2452**

If you already have a service provider, call them first. Providers who know you are usually best prepared to assist you in a crisis.

#### **Have Support Come to You...**

Crisis situations are often best resolved at home. Mobile Crisis Teams are available 24 hours a day in all counties. Professional counselors will speak with you and your family during a visit. They have an average response time of 2 hours. This service is provided by:

[Therapeutic Alternatives](#)

877-626-1772

#### **Go To A Crisis Center...**

Many counties have a specialized crisis center where you can walk in for a crisis assessment and referrals to additional services. Appointments are not needed. The crisis center in your county is provided by:

[RHA Behavioral Health Services](#)

211 South Centennial Street, High Point, NC 27260

336-899-1505

Monday -- Friday – 8:00 a.m. - 5:00 p.m.

#### **Additional Resources:**

<https://www.stopbullying.gov/sites/default/files/2017-09/training-module-2016.pdf>

[National Suicide Prevention Lifeline](#) online or at 1-800-273-TALK (8255).

<https://www.stopbullying.gov/get-help-now/index.html>