

## CRISIS SOLUTIONS NORTH CAROLINA MITCHELL

Crisis Services for Mitchell County are managed by: [Vaya Health](#)

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

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

**Vaya Health** 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: **800-849-6127** or for TTY - **contact NC Relay at 711** 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:

[RHA Behavioral Health Services](#)

888-573-1006

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

Many counties have specialized crisis centers 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](#)

129 Skyview Circle, Spruce Pine NC 28777

828-765-0894

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>