

CRISIS SOLUTIONS NORTH CAROLINA WAKE

Crisis Services for Wake County are managed by: [Alliance Behavioral Healthcare](#)

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

Phone First...

Alliance Behavioral Healthcare 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: **800-510-9132**

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 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:

[UNC Health Care at Wakebrook](#)

107 Sunnybrook Rd, Raleigh NC 27610

919-250-1260

Sunday - Saturday – 24 hours/day

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>