

LOCAL RESOURCES

Mental Health Resources for
Individuals, Teens, and Families



Local Organizations and Centers

All Souls Counseling Center: Provides affordable mental health counseling - adults that are uninsured or underinsured.

- Address: 35 Arlington St, Asheville, NC 28801
- Phone: (828) 259-3369
- Website: allsouls counseling.org

Appalachian Mountain Health: Offers a variety of mental health and substance use services including therapy and medication management. Visit the website to find a convenient location in WNC to contact them directly.

- Website: appalachianmountainhealth.org

Clarvida of Asheville: Provides a range of mental health and substance use services, including outpatient therapy and intensive treatment services.

- Address: 1100 Ridgefield Blvd, Suite 190, Asheville, NC 28806
- Phone: (828) 670-7723
- Website: clarvida.com/north-carolina

Hearts of Horse Sense: Provides quality, professional trauma-informed equine services for Veterans, First Responders, At-Risk Youth & their families in Western North Carolina. Programs for groups and individuals offered.

- Address: 7041 Meadows Town Rd, Marshall, NC 28753
- Phone: (828) 777-5199
- Website: heartofhorsesense.org

Hope4NC: Hope4NC assists individuals in communities as they recover from Hurricane Helene's devastating impacts. Hope4NC is free, confidential, and available 24/7.

- Phone: (855) 587-3463
- Website: hope4nc.org

MAHEC Center for Psychiatry and Mental Wellness: Offers a variety of mental health services including therapy and medication management.

- Address: 125 Hendersonville Rd, Asheville, NC 28803
- Phone: (828) 398-3601
- Website: mahec.net



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Pyramid Healthcare, Inc.: Specializes in substance use treatment services and mental health services with a variety of levels of care.

- Address: 119 Tunnel Rd, Suite D, Asheville, NC 28805
- Phone: (828) 426-6076
- Website: pyramid-healthcare.com/nc

RHA Health Services: Provides a range of mental health and substance use services, including walk-in assessments, detox, and more.

- Address: 356 Biltmore Ave, Asheville, NC 28801
- Phone: (828) 254-2700
- Website: rhahealthservices.org

WNC Community Health Services: Offers a variety of mental health and substance use services including therapy and medication management.

- Address: 257 Biltmore Ave, Asheville, NC 28801
- Phone: (828) 285-0622
- Website: wncchs.org

Support Groups and Peer Support

NAMI Western Carolina: Offers free support groups and educational programs for youth and families dealing with mental health issues.

- Address: 356 Biltmore Ave, Suite 207, Asheville, NC 28801
- Phone: (828) 505-7353
- Website: namiwnc.org

NC Peer Warmline: A free, private phone number connecting to someone who has personal experiences with mental health or substance use disorders.

- Phone: (855)-PEERS-NC
- Website: <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-use-services/crisis-services/peer-warmline>

Responder Assistance Initiative (RAI): Virtual and in-person wellness resources that connects North Carolina first responders to an integrated safety net of gold standard peer teams and trusted professionals.

- Phone: (866) 731-6901
- Website: ncdps.gov/RAI



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RHA Peer Living Room: Walk-in center with Peer Support Specialists who are available to speak with participants individually and in group settings for support and information sharing.

- Address: 356 Biltmore Ave, Asheville, NC 28801
- Phone: (828) 254-2700
- Website: rhahealthservices.org

Seek Healing: Offers several support groups and programs for youth and others looking for connection and recovery.

- Address: 50 S. French Broad Avenue #138, Asheville, NC 28801
- Phone: (828) 222-5029
- Email: conversations@seekhealing.org
- Website: www.seekhealing.org

Somethings: Provides free mental health support for teens in North Carolina through their partnership with North Carolina Department of Health and Human Services (NCDHHS).

- Website: somethings.com/northcarolina

Sunrise Community for Recovery and Wellness: Offering education, peer support and resource navigation at no cost. Drop-In Center is open M-F 8am-6pm.

- Address: 209 Tunnel Rd, Asheville, NC 28805
- Phone: (828) 552-3858
- Website: sunriseasheville.org

YMCA of Western North Carolina: Provides various youth programs, including mental health awareness and support initiatives.

- Address: 40 N Merrimon Ave #309, Asheville, NC 28804
- Phone: (828) 251-5910
- Website: ymcawnc.org

YouthOutright!: Empowering LGBTQIA+ youth (ages 11-24) through peer support, education, and advocacy.

- Website: youthoutright.org



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Crisis Services

Helpmate: Provides support and advocacy for survivors of domestic violence, including counseling, emergency shelter, and court advocacy.

- Address: 35 Woodfin Street, Asheville, NC 28801
- Crisis Line: 828-254-0516 (24/7 support)
- Website: <https://helpmateonline.org/>

Homeward Bound: Find support and resources for those that are unhoused or at risk of losing their housing.

- Address: 19 North Ann St, Asheville, NC 28805
- Phone: (828) 252-8883
- Website: homewardboundwnc.org

Our VOICE: Provides support and advocacy for survivors of sexual violence and abuse, offering services such as crisis counseling, legal advocacy, and support groups.

- Address: 35 Woodfin Street, Asheville, NC 28801
- Crisis Line: 1-877-688-7273 (24/7 support)
- Website: www.ourvoicenc.org

RHA Mobile Crisis & Behavioral Health Urgent Care: Available 24/7 and insurance blind to provide crisis response and support by coming to you or visiting a site for intervention, assessment, and support for individuals in need ages 4 and up.

- Address: 356 Biltmore Ave, Asheville, NC 28801
- Mobile Crisis: 888-573-1006 or Urgent Care: (828) 210-2651
- Website: rhahealthservices.org

Vaya Health: 24/7 behavioral health crisis line, providing immediate intervention and assistance with arranging a face-to-face assessment with a provider or with mobile crisis.

- Phone: (800) 849-6127
- Website: vayahealth.com



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Online Resources

211 North Carolina: Provides free, confidential information and referrals for a variety of services and community resources across North Carolina.

- Website: www.nc211.org

7 Cups: Provides free, anonymous online chat with trained listeners and therapists, along with self-help resources and support groups.

- Website: 7cups.com

988 Lifeline: Offers 24/7 crisis support through phone and chat for individuals experiencing suicidal thoughts or emotional distress.

- Website: 988lifeline.org

Crisis Text Line: Offers 24/7, free, confidential support via text messaging for people in crisis. Text "HOME" to 741741 to connect with a trained counselor.

- Website: crisistextline.org

Drop the F Bomb: Fentanyl: Think your child would never encounter fentanyl? You might be surprised. Learn about the risks, how to identify an overdose and respond, and ways to talk to your kids.

- Website: DroptheFBomb.com

Insight Timer: A meditation app with a library of free guided meditations found on Google Play or App Store.

- Website: insighttimer.com

The Jed Foundation - Explore common feelings and experiences, learn how to take action, and hear other teens and young adults tell their stories.

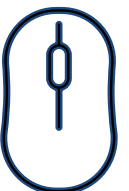
- Website: jedfoundation.org

Mindfulness for Teens: Offers mindfulness exercises and resources to help teens manage stress and anxiety.

- Website: mindfulnessforteens.com

Psychology Today: Search for therapists in your area using a variety of filters to find the right fit or find more information on topics of interest.

- Website: psychologytoday.com



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Seize the Awkward - Starting a conversation about mental health does not need to be uncomfortable, and it can make all the difference. Find the resources to start.

- Website: seizetheawkward.org

Sound It Out: Find tools to have better conversations with your child by helping them recognize, manage, and express their emotions in healthy ways.

- Website: SoundItOutTogether.org

Talk About Vaping: Think your kid wouldn't vape? Statistics say they might. Find out what you need to know and quick tips and discussion approaches.

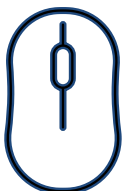
- Website: TalkAboutVaping.org

Teen Line: Provides peer-to-peer support through phone, text, and email, as well as online resources about mental health, relationships, and other issues.

- Website: teenlineonline.org

The Trevor Project: Provides crisis intervention and suicide prevention services for LGBTQ+ youth. They offer a 24/7 helpline, chat, and text support.

- Website: thetrevorproject.org



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County Employee Resources

Employee Assistance Network (EAN): Provides local, free and confidential professional counselors to Buncombe County employees and their household family members. This program is dedicated to assessment/referral/problem solving services to all Buncombe County employees including full and part-time, regular, grant funded and temp employees. Up to FIVE(5) visits per issue will be available at no cost to the employee and family/household members. The exact number of sessions will be determined by the Employee Assistance Network staff.

- Address: Asheville – 537 College St., Suite 102, Asheville, NC 28801; Hendersonville – 714 Oakland St., Hendersonville, NC 28791; Waynesville - Walnut Professional Building, 52 Walnut St., Waynesville, NC 28786
- Phone: Asheville (828) 252-5725; Hendersonville (828) 697-2953; Waynesville (800) 454-1477
- Website: www.eannc.com

BlueCross BlueShield of NC (BCBSNC) Behavioral Health Services: The County's health plans offer behavioral services that can be accessed virtually, telephonic or in person.

The Teladoc mobile app offered through Teladoc telehealth services is available to employees on the County's Standard, Buy Up or Core medical insurance plans for a \$10 copay. Employees on the HDHP will pay a higher fee. You can find in-network mental health counselors and consult with them through the mobile app. Go to the www.teladochealth.com or call 855-549-2214, if you have any questions.

You can find an in-network mental health counselor through your [Blue Cross Blue Shield portal](#). For employees on the Standard, Buy Up or Core medical insurance plans, office visits have a \$25 copay. Employees on the HDHP will pay a higher fee. Log into your BlueConnect portal or call BCBS customer service (1-800-359-2422) to find a provider. Your Primary Care Provider can address your concerns in the office or refer you to a behavioral health provider - also with a \$25 copay visit.