



## HIGH POINT UNIVERSITY LOCAL AND NATIONAL BEHAVIORAL HEALTH RESOURCES

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### High Point University Counseling Center

Provides assistance to students who may experience emotional, behavioral, and/or psychological concerns during the transition into, or during, college life. Located on the 3rd floor of Slane Student Center. Office hours are 8:30am-5:00pm Monday-Friday. You can make an appointment in person or by calling.



[highpoint.edu/counseling/](http://highpoint.edu/counseling/)



**336-841-9231**

### CRISIS SERVICES

#### Sandhills Crisis Referral Number

Manages public mental health, intellectual/developmental disabilities and substance use disorder services



[sandhillscenter.org/about/](http://sandhillscenter.org/about/)



**800-256-2452**

#### High Point University Crisis Recommendations and Hotline

The Office of Counseling Services at High Point University encourages students to contact the office if experiencing a mental health emergency during business hours. After hours, students are encouraged to contact Campus Safety, who will contact the on-call counselor, or to contact the Crisis Hotline, which includes Mobile Crisis Management



[highpoint.edu/counseling/crisis](http://highpoint.edu/counseling/crisis)



**Campus Safety: 336-841-9111**

**24-hour Crisis Line: 877-626-1772**

#### High Point Regional Hospital - Behavioral Health Dept. (Emergency Room)

Provides behavioral health assessment, inpatient and outpatient treatment programs for chemical dependency and psychiatric conditions



[highpointregional.com/our\\_services/behavioral\\_health.aspx](http://highpointregional.com/our_services/behavioral_health.aspx)



**336-878-6098**

#### Monarch

Provides crisis, in-home and outpatient services, interdisciplinary care for those experiencing mental illnesses



[monarchnc.org](http://monarchnc.org)



**336-676-6840**

**Crisis Emergency: 866-272-7826**

#### National Crisis Hotline

National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress



[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



**800-273-8255**

#### The Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, transgender, bisexual, queer, and questioning (LGBTQ) young people.



[thetrevorproject.org](http://thetrevorproject.org)



**24-hour Help Line: 866-488-7386**



### NAMI Guilford

Community hub for information relating to local resources and services for individuals, along with their friends and families, who live with a mental illness



[namiguilford.org](http://namiguilford.org)



**336-370-4264**

### RHA Behavioral Health Walk-in Crisis Center

Provides immediate crisis stabilization, same day access to assessment and treatment, routine outpatient care, peer and family support services, access to a pharmacy for behavioral health medications



[rhahealthservices.org/c3356-comprehensive-care-center/crisis-walk-in-services/](http://rhahealthservices.org/c3356-comprehensive-care-center/crisis-walk-in-services/)



**24-hour Mobile Crisis Services: 888-573-1006**

## BEHAVIORAL HEALTH SUPPORT SERVICES

### Family Services of the Piedmont

Provides care related to domestic violence and sexual assault, mental health and substance abuse, child abuse and healthy parenting



[fspcares.org](http://fspcares.org)



**24-hour Crisis Line: 336-889-7273  
General Services: 336-387-6161**

### Triad Counseling and Clinical Services

Provides counseling and psychological services; individual counseling, marriage counseling, relationship concerns, parenting, separation & divorce, blended family, career & college counseling, depression/anxiety/panic disorders, grief and loss counseling, art therapy, trauma related disorders, chemical dependency, life changes, sexual and other addictions, co-dependency, eating disorders, sexual orientation issues, developmental transitions, victimization, assault, abuse, anger management



[triadcounseling.net/home.html](http://triadcounseling.net/home.html)



**336-272-8090**

### Individual Therapists

Individual therapists can be found by googling 'cognitive behavioral therapy, High Point, NC' or by contacting your health insurance company, if you have insurance.

Choose a therapist that specializes in the particular symptoms you are experiencing. Before going to the first appointment, ask about the cost of each session and whether the provider accepts your health insurance. It may take reaching out to several therapists before you find one that meets your needs. The High Point University Counseling Center also can provide you with resources for individual therapists or support outside of the university.