



Public Health
Prevent. Promote. Protect.

Henderson County, NC

BEHAVIORAL HEALTH SUPPORT NATIONAL AND LOCAL RESOURCES

Stress and anxiety impact our emotional wellbeing and overall health. It is important to reduce stress and anxiety, get information from reliable sources, communicate with loved ones, stay connected with support systems, and seek additional help from behavioral health professionals when needed. A selection of local and web-based resources and hotlines are shown below.

Crisis Lines and Hotlines:

- **9-8-8 Mental Health Crisis Hotline**
- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255) Free, confidential, 24/7 support for people in distress www.suicidepreventionlifeline.org
- **Vaya Crisis Line:** 1-800-849-6127. This line can also be used for help in locating local services from care providers like Family Preservation Services and RHA.
- **National Domestic Violence Hotline:** 1-800-799-7233 and TTY 1-800-787-3224 www.thehotline.org
- **The Trevor Project:** 1-866-488-7386 The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24.
- **National Organization for People of Color Against Suicide:** 1-800-273-TALK (8255)

Local Resources for Crisis Services

- **RHA Mobile Crisis Management** Crisis Line: 888-573-1006. Available 24/7 No Fee.
- **Family Preservation Services** 828-697-4187.
- **Blue Ridge Health Services** 828-692-4289 ext. 2229.
- **Pardee PATHS:** Adult Psychiatric and Detox Unit 828-696-4250
- **Advent Health HOPE Units:** Adult Women's Unit for dual diagnosis (mental health and substance use) 828-681-2282 and their **Behavioral Health HUB** 828-650-8130
- **Neil Dobbins, Mental Health/Detox Center, Asheville:** 828-253-6306
- **ADATC, State Substance Use Treatment, Black Mountain:** 828-257-6265
- **Caiyalynn Burrell Center** Child Crisis Center: 877-277-8873. Call about eligibility.
- **C3356: RHA's Behavioral Health Crisis Center (BHUC) and Living Room:** Located at 356 Biltmore Ave., Asheville. Call for hours 828-254-2700.

Child and Family Resource Center's Family Mental Health Navigation

Staff available to help families navigate the behavioral health system. Anyone can refer a family, or families can refer themselves at: <https://childrenandfamily.org/program-referral/>

Psychiatry/ Pharmacy/ Narcan through The Free Clinics, Hendersonville

828-697-8422 www.thefreeclinics.org 841 Case St, Hendersonville

Eligibility guidelines: <https://www.thefreeclinics.org/eligibility/>

- **Psychiatric Clinic:** Both walk-in and by appointment. Call about schedule.
- **Pharmacy:** formulary available at www.thefreeclinics.org/community-pharmacy/
Locked box available in lobby for prescription drop-offs.
- **Naloxone/Narcan:** Info at www.thefreeclinics.org/naloxone/ or call 828-697-8422.
- **Peer Support Specialist(s):** 828-845-0541 or 828-845-0441

Substance Use Services/ Peer Living Rooms:

Back on Track Ministries. Addiction Ministry, advocacy, support, classes.

1900 Spartanburg Hwy. 828-595-9091 www.backontrackaddictionministries.com

Hope Coalition. Prevention, support, advocacy, classes.

<https://elementsofhope.org/> Peer Support Line, 828-388-7979

Hope Coalition's Recovery Community Center, conveniently located in downtown at 101 S. Grove St. Hendersonville is a peer living room dedicated to adults in recovery.

First Contact Addiction Ministries. Addiction Ministry, advocacy, support, classes.

106 Chadwick Ave. 828-435-2180 www.firstcontact.org

Love and Respect Community for Recovery and Wellness:

<https://www.loveandrespectcommunityforrecoveryandwellness.org/>

828.595.2202 / Warm Line 828.547.4547.

Located at 120 Chadwick Square Court, Suite D, Hendersonville, NC 28739.

Sunrise Community for Recovery and Wellness, Asheville

Office Line, Mon-Fri 9-5 828-552-3858 call and/or text

- **Recovery Meetings** Please check their Facebook page or website
<https://www.facebook.com/SunriseinAsheville/> <https://sunriseinAsheville.org/>
- **Peer Support Warm line** staffed 24/7. Calls and texts can be made to 828-280-2554.
- **Respite:** Call or text 828-280-2554 with any questions or to begin the process to be on a waitlist to stay.

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Please advise of edits/updates to Jodi Grabowski:

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