**NAMI DURHAM RESOURCES**

Also see <https://www.namidurhamnc.org/> or

<https://namiorangenc.namieasysite.com/resources-2/resources/>

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| **HELP IN A CRISIS** | |
| Durham Recovery Response Center  (formerly Durham Center Access) | 309 Crutchfield Street, 27701 Walk in or call (24x7)  **800-510-9132** |
| Alliance Behavioral Healthcare  (uninsured or Medicaid) | 414 E. Main Street, Durham 27701  **800-510-9132** |
| Durham Police (city) or Sheriff (county) | **911**, ask for a CIT (Crisis Intervention Team) trained officer. If not in crisis, call 919-560-4600 (police) or  919-560-0897 (sheriff). |
| Duke Hospital ER | **855-855-6484** |
| Duke Regional Hospital ER | **855-855-6484** |
| Disability Rights NC | **919-856-2195** |
| NAMI Durham Help & Info Line | **TBA** |
| **HELP FOR FAMILIES AND PERSONS WITH MENTAL ILLNESS** | |
| NAMI Homefront, free classes (6 wks.) for families of veterans and active military | www.nami.org/homefront/ |
| NAMI Peer to Peer, free classes (10 wks.) for adults living with mental illness | www.nami.org/peertopeer/ |
| NAMI Family to Family, free classes (12 wks.) for family members & close friends  of folks living with mental illness | Violette Blumenthal, [vibl46@frontier.com](mailto:vibl46@frontier.com), 919-358-6788  CH class, NAMI OC, [nbrickman@gmail.com](mailto:nbrickman@gmail.com) |
| NAMI Basics, free classes (6 wks.) for parents and caregivers of children and teens who are experiencing symptoms | www.nami.org/basics/ |
| **SUPPORT GROUPS** | |
| NAMI Durham Family Support Group | Westminster Presbyterian Church, 2nd & 4th Thursdays, 7:30 –9:00 pm. Gale Brewer, 919-428-6519 |
| NAMI Durham Connection Recovery Support Group | Watts Street Baptist Church; 2nd & 4th Tuesdays, 7:30 – 9:00 pm.  Nate Maier, 312-203-3979 |
| NAMI Durham Young Families Support Group | **TBA** |
| Mood Disorders Support and Education Meeting | Suite 340; 2200 W. Main Street; 4th Thursdays. Cindy Jones,  919-286-5261, [jones106@mc.duke.edu](mailto:jones106@mc.duke.edu). |
| NAMI Orange County Family Support Group (two locations) | Christ UMC Office, 105 Market St., Southern Village, 1st Wednesdays, noon to 1:30 pm; Seymour Senior Center, 2551 Homestead Rd., Chapel Hill, 2nd Tuesdays, 7:00 – 8:30 pm |
| The Art Therapy Institute | <hrubesin@gmail.com>200 N Greensboro St, Suite D-6 Carrboro, NC 27510 (2nd Floor Carr Mill Mall) |
| **INFORMATION, REFERRAL, & ADVOCACY** | |
| NAMI North Carolina | 919-788-0801, Helpline 800-451-9682, naminc.org |
| NC Mental Health Consumers Organization | 919-832-2285, facebook.com/ncmhco89/ |
| *El Futuro,* Latino mental health center | 126 E. Chapel Hill St, 27701, elfuturo-nc.org, 919-688-7101 |
| Customer Service & Community Rights Team, NC Division of Mental Health | 919-715-3197 |
| Life Plan Trust, estate planning for loved ones with disabilities | 919-589-0017 |
| The Art Asylum | In Durham, NC, this group has occasional meetings. Please contact <cassiehamrickarttherapy@gmail.com> |
| **OTHER RESOURCES** | |
| Threshold Clubhouse, clubhouse model day rehabilitation & recovery program | 609 Gary Street, Durham 27703, 919-682-4124, thresholdclubhouse.org |
| Club Nova, similar to Threshold in Carboro | 103 W Main St D, Carrboro 27510, 919-968-6682, clubnova.org |
| Wellness City | 401 East Lakewood, Suite E1, 919-687-4041 |
| Freedom House | 104 New Stateside Dr, Chapel Hill, NC 27516, 919-942-2803 |
| NC Missing Persons | 800-522-5437 (call 911 first) |
| OASIS - UNC Outreach and Support Intervention Services | 919-962-1401, med.unc.edu/psych/oasis |
| NC Division of Mental Health | 919-733-7011, ncdhhs.gov/divisions/mhddsas |
| Caramore Community (residential rehab) | 919-967-3402, caramore.org |
| Holly Hill Hospital, dual dx and other psychiatric services | 3019 Falstaff Rd, Raleigh, NC 27610  800-447-1800, hollyhillhospital.com |
| Red Oak Recovery, dual dx 18-25 yr. olds | 108 Executive Park, Asheville, NC 28801, [866-457-7590](javascript:void(0)), redoakrecovery.com |
| CooperRiis (residential rehab) | PO Box 600, Mill Spring, NC 28756, 828-894-7140, cooperriis.org |
| Easter Seals UCP NC START | 3817 Cheek Rd., Durham 27704, 919-908-9052, easterseals.com |
| **SUPPORT GROUPS WE HOPE YOU NEVER NEED** | |
| Straight Talk Support Group for family members of prisoners | Biweekly in Durham, call Cheryl McDonald, 919-599-3370 |
| Triangle Survivors of Suicide (SOS) | United Church of Chapel Hill, 1321 MLK Blvd, CH, 2nd and 4th Thursdays, 7:00 – 8:30 pm, Jodi Flick, 919-962-4988 |
| M.O.M.s.d, Moms of murdered sons & daughters | www.momsagainstmurder.org/ |
| Parents of Murdered Children | www.pomc.com/durham/index.htm |

If you think an organization should be on this list, please contact Violette