

LOCAL COMMUNITY RESOURCES

Criminal Justice

Davie County D.A.'s Office.....	336-936-3010
Davie County Sheriff's Office.....	336-751-6238
NC Victim Assistance Network.....	1-919-831-2857
Legal Aide.....	1-866-219-5262
Probation/Parole.....	336-751-2024

Dental Clinics

Community Care Center.....	336-723-7904
Kintegra.....	336-477-2744
Rescue Mission Dental & Medical Clinic.....	336-723-1848

Domestic Violence Crisis Intervention/Resources

Domestic Violence Crisis Line (local).....	336-751-4357
My Sisters House.....	704-872-3403
Safe on Seven (call first).....	336-776-3255
RAINN.....	1-800-656-4673

Family, Peer (12 step) or Crisis Support

AA/Alcoholics Anonymous 24/7.....	336-725-6031
Al-Anon Winston-Salem (Family Support).....	336-723-1452
Drug Addicts Anonymous.....	336-406-3385
Green Tree Peer Center.....	336-429-4086
Insight Human Services.....	336-725-8389
Mental Health Association (MHA).....	336-768-3880
NA/Narcotics Anonymous -Twin City Area.....	800-365-1035
Nar-Anon (Family) carolina-naranon.org.....	800-477-6291
PAL Support Group (Clemmons).....	336-712-9404
PAL Support Group (Winston Salem).....	336-745-7558
SOLSTUS Support Group (OD Death).....	336-789-2922

Financial Assistance

Family Promise (women & children).....	336-284-4200
Salvation Army.....	336-723-6366

Food Assistance

Storehouse for Jesus.....	336-751-1060
Ascension Food Pantry.....	336-998-0857
Catholic Charities.....	336-727-0705
Cooleemee Food Pantry.....	336-284-2626
Just Hope, Inc.....	336-936-9161
Rescue Mission Food Pantry.....	336-723-1848
Salvation Army.....	336-722-8721
Samaritan Ministries.....	336-748-1962
Second Harvest Food Bank.....	336-784-5770
The Bridge at 197 Main.....	336-998-3854
USDA National Hunger Hotline.....	1-866-348-6479

Hospitals

Davie Medical Center.....	336-998-1300
Forsyth Medical Center.....	336-718-5000
Novant Clemmons Medical Center.....	336-893-1000
Wake Forest Baptist Medical Center.....	336-716-2011

Medical Clinics

Community Care Center (has LCAS).....	336-723-7904
Davie Medical Associates.....	336-753-8000
Downtown Health Plaza.....	336-713-9800
Davie County Public Health Dept.....	336-753-6750
Health Care Access.....	336-723-6565
Kintegra Family Medicine.....	336-477-2233
The Shalom Project.....	336-721-0606
WFBH-Urgent Care Mocksville.....	336-713-0555

NATIONAL SUICIDE PREVENTION

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



SUICIDE WARNING SIGNS CHECKLIST

These signs from the checklist below may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Wants to die or to kill oneself
- Looks for a way to kill oneself, such as searching ways online or buying a gun
- Feels hopeless or has no reason to live
- Feels trapped or in unbearable pain
- Feels like a burden to others
- Increases the use of alcohol or drugs
- Acts anxious or agitated; behaving recklessly
- Sleeps too little or too much
- Withdraws or feeling isolated
- Shows rage or talks about seeking revenge
- Displays extreme mood swings

TROUBLE COPING?

Symptoms or problems may come and go. It's important to know when to ask for help. Call the Lifeline if you or someone you know is experiencing any of the problems from the checklist below, especially if a problem makes it hard to get through the day or gets worse. Eats or sleeps too much or too little

- Pulls away from people and things
- Has low or no energy
- Feels numb or like nothing matters
- Complains about unexplained aches and pains
- Feels helpless or hopeless
- Smokes, drinks, or uses illicit/street drugs
- Feels unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Fights with family and friends
- Unable to get rid of troubling thoughts and memories
- Thinks of hurting or killing yourself or someone else
- Has trouble performing daily tasks including: showering, parenting, working or school

Information from www.samhsa.org

SUICIDE IS PREVENTABLE

Call or Text: 988 Suicide Crisis Lifeline

CALL THE LIFELINE AT 1-800-273-TALK (8255)

<https://www.ncdhhs.gov/assistance>

AFTERCARE INSTRUCTIONS

MENTAL HEALTH/SUBSTANCE USE:

WHERE TO START

Mobile Crisis/Mobile Engagement Team - For a behavioral health crisis 24/7/365 they will come to you -1-866-275-9552

Behavioral Health Urgent Care - evaluation 24/7/365 - can connect to treatment - 336-955-8430

Facility Based Crisis - evaluation/detox 24/7/365 & possible short term inpatient stay - 336-300-8826

Partners Behavioral Health – mental health/substance use treatments 24/7/365 email: partnersbhm.org/crisis-help/ phone: 833-353-2093

Kintegra Family Medicine - 336-477-2233

ADDITIONAL PROVIDERS

ARCA (336-784-9470) Inpatient detox 24/7 and treatment

Daymark (336-751-5636 OR 336-607-8523)

337 Hospital St, Mocksville / 650 N. Highland Ave., W-S
Walk-in M - F 8:00 AM - 3:00 PM - Can see psychiatrist same day (W-S location only), IVCs

Insight Human Services (336-725-8389)

655 W. 4th St. - Outpatient & residential treatment
Walk-in: Mon & Fri 8:00 AM – 1:00 PM
Wed 8:00 AM - 12:00 PM

Monarch - Adults & Adolescents (336-306-9620) 4140 N. Cherry St.
Walk-in M - F 8:00 AM - 3:00 PM

Novant Behavioral Health (336-718-3550)

175 Kimel Park Dr.
Call ahead 8:00 AM - 11:00 PM daily

Old Vineyard (336-794-3550)

3637 Old Vineyard Rd.
Inpatient detox or mental health 24/7

Wake Forest Psychiatry and Behavioral Medicine (336-716-4551)

791 Jonestown Rd. (Outpatient)

Comprehensive Fetal Care Center (Pregnancy & Addiction) (336-716-6893)
500 Shepherd Street, Suite 200

Twin City Harm Reduction (336-529-4492)

Narcan/naloxone kit or clean injection supplies

**Based on bed availability* Offer Suboxone MAT*

Southern Family Medicine-Medically Assisted Treatment (336) 753-1230

121 Country Ln, Mocksville, NC 27028

UNIVERSAL PRECAUTIONS (FOR EMS REFUSALS)

- You have not received a complete medical evaluation. See a physician as soon as possible.
- If you have taken any medication and you have trouble breathing, start wheezing, get hives or a rash, or have any unexpected reaction, call 9-1-1 immediately.
- If your symptoms worsen, you should see your doctor, go to an emergency department or call 9-1-1.

CRISIS SUPPORT



**Davie County
Community
Response Team**
336-753-6169



**IN CASE OF AN EMERGENCY,
CALL 9-1-1**

COVID-19 INFO

If you are experiencing COVID-19 symptoms, please contact your Primary Care Physician or Local Health Department.

If your symptoms worsen, please go to your nearest Emergency Department.

Please keep yourself and your loved ones safe by Wearing a Mask, Washing your hands, and Waiting at least 6 feet apart from others.

BEHAVIORAL HEALTH

Behavioral health refers to mental/emotional well-being and/or actions that affect wellness. Behavioral health problems include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide, and mental disorders.

MENTAL HEALTH

Mental disorders involve changes in thinking, mood, and/or behavior. These disorders can affect how we relate to others and make choices. Mental disorders take different forms, with some rooted in deep levels of anxiety, extreme changes in mood, or reduced ability to focus or behave appropriately. Others involve unwanted, intrusive thoughts and some may cause auditory and/or visual hallucinations or false beliefs about basic aspects of reality. A formal diagnosis often depends on a reduction in a person’s ability to function as a result of the disorder.

SUBSTANCE USE

Substance use disorders (SUDs) are defined as mild, moderate, or severe to indicate the level of severity. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A SUD diagnosis is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.



OPIOID OVERDOSE RISK FACTORS

- History of a substance use disorder
- History of mental health issues
- Opioid Use Disorder and release from jail, treatment or a hospital. The tolerance, the amount your body can handle, is lower due to lack of use.
- Inject opioids or use prescription opioids, especially at high doses
- Use opioids in combination with sedatives or stimulants. Sedatives slow your breathing even more. Stimulant effects wear off quickly, and the opioid can cause an overdose.
- Use opioids and have medical conditions including heart or bone infections.
- Household members where opioids (including prescription opioids)
- Lower socioeconomic class are accessible

Drop boxes are available within the county to dispose of unwanted medication

RECOGNIZE OPIOID OVERDOSE

Opioids include pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information will help you tell the difference. If you still cannot tell the difference, it is best to treat the situation like an overdose – it could save someone’s life. If you feel someone is getting too high, it is important that you **DO NOT** leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing. **DO NOT LET THEM SLEEP IT OFF!**

If someone is making unfamiliar sounds while “sleeping”, try to wake them up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

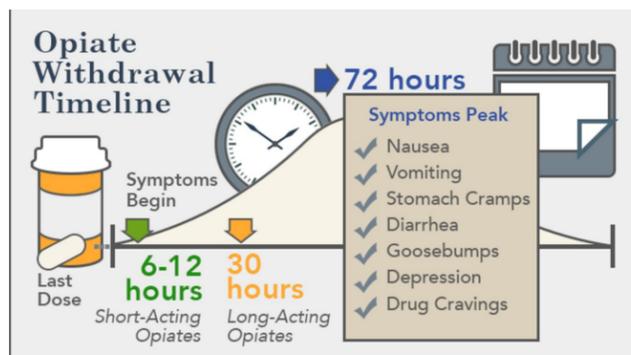
- Pupils may contract and appear small
- Loss of consciousness
- Muscles are slack and droopy; Body is very limp
- Scratch a lot due to itchy skin
- Speech may be slurred
- Vomiting
- They might be out of it, but can respond to outside stimulus like loud noise or a light shake from a friend
- Unresponsive to outside stimulus
- Awake, but unable to talk; They might “nod out”
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- For lighter skinned people, the skin tone turns bluish purple. For darker skinned people, skin turns grayish or ashen
- Breathing is very slow and shallow, erratic or has stopped
- Pulse (heartbeat) is slow, erratic or not there at all
- Choking sounds or a snore-like gurgling noise

It is rare for someone to die instantly from an overdose. People survive because someone was there to respond. The most important thing is to act right away!

WHAT IF I HAVE NO INSURANCE?

Cardinal Innovations Healthcare serves members through Medicaid, state and county-funded insurance plans. Cardinal Innovations incorporates a community-based model of care, a network of highly-skilled providers and local support partners to improve the health and wellness of members. Call 1-800-939-5911 for support. You may qualify for services with no insurance.

SYMPTOMS OF WITHDRAWAL



TAKE CARE OF YOURSELF

Forgetting to take good care of yourself can lead to a mental health or substance use crisis. Here are some suggestions to help you avoid triggering a crisis:

- EAT three meals a day that include healthy foods - fresh fruit and vegetables, whole grain foods and rich sources of protein (chicken and fish).
- Avoid foods that contain large amounts of sugar, caffeine and food additives.
- GET an adequate amount of SLEEP each night.
- AVOID drinking ALCOHOL or using street DRUGS.
- Spend time outside and exercising every day.
- Spend time each day doing something you enjoy.
- Spend time daily with people who make you feel good about yourself; avoid negative people.

Have regular check-ups with a health care provider.



STAYING WELL THROUGH SUPPORT

Building a strong support system is important. It is important to remember you have just as much value as anyone else and you deserve support, attention, respect and love. If you reach out to find people in the right places and give them the same kind of support, attention, respect, and love they give you, you will find that you have many strong supporters. YOU can build supports! Develop new friends and supporters by:

- Joining a community activity or special interest group
- Listening closely to others when they are sharing
- Volunteering OR Taking a course
- Going to sporting events, plays, concerts or movies
- Accepting others as they are

Please see Family & Peer Support; Crisis/WRAP Plans section for phone numbers to resources.

CRISIS PLANNING & WELLNESS PLAN

Anyone who has ever had mental health difficulties needs to develop a crisis plan for themselves, while they are well. This plan will allow you to maintain some degree of control over your life even when it feels like everything is out of control.

- Developing such a plan takes time.
- Work on it with family members or friends, your counselor, case manager those comfortable to you.
- Keep a copy of your crisis plan with you and give a copy to your supporters
- Keep cell phone on person at all times (even if disconnected, you should call 9-1-1)

Mental Health and Substance Use/Addiction

Addiction Recovery Care Assoc. (ARCA)	336-784-9470
Addiction Recovery Medical Service (ARMS)	704-872-0234
Center for Addiction Recovery (WFBMC)	336-716-4551
Daymark Recovery Services	336-751-5636
Hope4NC Helpline	1-855-587-3463
Insight Human Services	833-443-5762
Mobile Crisis/Mobile Engagement	1-866-275-9552
Monarch NC	336-306-9620
NAMI	336-751-5441
NC START (I/DD)	1-919-908-0952
Never Use Alone	800-484-3731
Novant Behavioral Health	336-718-3550
National Suicide Prevention Line	1-800-273-8255
Old Vineyard - Ask for INTAKE	336-794-3550
SAMHSA Treatment Referral Helpline	1-800-662-4357

Other

Advocacy Center (Davie)	336-753-0407
Dept. of Social Services /Davie Co. DSS	336-751-8800
Dragonfly House	336-753-6155
Family Services, Inc	336-722-8173
Kiran - people in crisis from Bangladesh	1-877-625-4726
Bhutan,Burma, India, Nepal, Pakistan, Sri Lanka Kintegra	704-874-3316
Positive Wellness Alliance (HIV Care)	336-248-4646
PTRC - Ombudsman & Geriatric	336-904-0300
Social Security Administration	1-800-772-1213
United Way (Davie)	336-751-0313

Prescription Assistance

A Storehouse for Jesus	336-751-1060
NC Med Assist	1-866-331-1348
NeedyMeds	needymeds.org

Shelters & Homeless Resources

Bethesda Center	336-722-9951
City with Dwellings-Community First Ctr	336-790-9766
Community Intake Center	336-788-4965
Empowerment Project	336-448-2672
Family Services, Inc. (Women)	336-723-8125
Fifth Street Ministries	704-872-4045
Greenest (furniture)	336-661-8091
Next Step Ministries (Domestic Violence)	336-413-5858
Salvation Army (women & family)	336-777-8611
Samaritan Ministries (men only)	336-748-1962
W-S Rescue Mission (men only)	336-723-1848

Transportation

Greyhound	336-724-1429
Yveddi	336-679-2071

Veterans

Davie County Veterans Services	336-753-6225
Goodwill Industries-NWNC	336-724-3621
VA Medical Center - Kernersville	336-515-5000
VA Medical Center - Salisbury	1-800-706-9126
US Dept. of Veterans Affairs (Clemmons)	336-766-1496