

LOCAL COMMUNITY RESOURCES

Food Assistance Daily

Samaritan Ministries - free lunch daily 11 am to 1 pm
Rescue Mission Daily: Breakfast 6:30am - 7:30am / Lunch 11am-noon

Dinner: 4pm - 5pm

Homeless Resources

- City with Dwellings-Community First Ctr.....336-790-9766
- Community Intake Center.....336-788-4965
- Eureka House(Men Only).....336-782-3075
- Housing Authority of Winston-Salem.....336-727-8500
- Next Step Ministries (Domestic Violence).....336-413-5858
- Hosanna House.....336-986-1987

Shelters

- Bethesda Center.....336-722-9951
- Salvation Army(women & family).....336-777-8611
- Samaritan Ministries(men only).....336-748-1962
- W-S Rescue Mission(men only).....336-723-1848

Domestic Violence Crisis Intervention/Resources

- Domestic Violence Crisis Line(local).....336-723-8125
- Bridges To Hope(Domestic Violence).....336-776-3255
- Sexual Assault Response(local).....336-722-4457

Criminal Justice

- Forsyth County D.A.'s Office.....336-779-6310
- NC Victim Assistance Network.....1-919-831-2857
- Legal Aid.....336-725-9162
- Winston Salem PD (non emergency).....336-773-7700
- ForsythCounty Sheriff's Dept (non emergency).....336-727-2112

Other

- The Parenting Path.....336-748-9028
- Dept. of Social Services /Forsyth Co. DSS.....336-703-3501
- Family Services, Inc.....336-722-8173
- Positive Wellness Alliance(HIV Care).....336-248-4646
- PTRC-Long Term Care Ombudsman.....336-904-0300
- Social Security Administration.....1-877-430-7672
- NC Department HHS.....https://www.ncdhhs.gov/assistance

RECOGNIZE OPIOID OVERDOSE

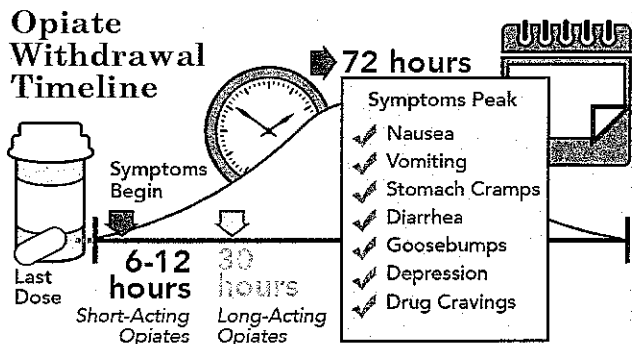
Opioids include some pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information will help you tell the difference. If you still can not tell the difference, it is best to treat the situation 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!

SYMPTOMS OF WITHDRAWAL



SUBSTANCE USE TREATMENT

- ARCA.....336-784-9470 / 1-877-615-2722
Call for an assessment appointment
- Daymark Recovery Services
650 N Highland Ave
-Walk in clinic.....336-607-8523
-Mon-Fri 8 am - 5 pm
- Behavioral Urgent Care.....336-955-8430
-24/7/365
- Insight.....336-725-8389
655 W 4th St.
Mon and Fri 8 am - 1 pm / Wed 8 am - 12 pm
- Novant Outpatient Behavioral Health.....336-718-3550
175 Kimel Park Must call for an appointment 8 am - 11 pm
- Old Vineyard Behavioral Health.....336-794-3550
3637 Old Vineyard Rd Must call first and ask for Intake
- TROSA (Abstinence-Based Treatment).....336-915-8772
(Toll Free).....1-833-408-7672
- Comprehensive Fetal Care Center
(Pregnancy and Addiction).....336-716-6893
500 Shepherd St Suite 200
- Atrium Wake Forest Psychiatry.....336-716-4551
791 Jonestown Rd
- Winston-Salem Rescue Mission.....336-723-1848
- Novant Health Forsyth Behavioral Health Outpatient...800-718-3550

**No Judgement
No Shaming
No Preaching
JUST LOVE!**

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of an "Unresponsive Person" at your location.

1(800)484-3731
www.NeverUseAlone.com

CRISIS SUPPORT



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



FROST

Forsyth Regional Opioid & Substance Use Team

336-486-0103

BEHAVIORAL CRISIS ASSESSMENT RESOURCES

Daymark
650 N Highland Ave 336-607-8523
Walk in clinic Mon-Fri 8 am – 5 pm
Behavioral Urgent Care 24/7/365 336-955-8430

Novant Outpatient Behavioral Health
175 Kimel Park 336-718-3550
Must call for an appointment 8 am – 11 pm

Old Vineyard Behavioral Health
3637 Old Vineyard Rd 336-794-3550 Must call first and ask for Intake

Daymark Mobile Crisis
For a behavioral health crisis 24/7/365 on scene
1-866-275-9552 on scene response by clinician

Veterans Crisis
1-800-273-8255 (press option 1)

Kernersville VA Behavioral Clinic
336-515-5000 ext 28500 Mon - Fri 8 am - 430 pm Walk in for VA connected only

Mobile Integrated Health
Call 911 and request service
or, for resource connections, call 336-703-2273

Bear
Call 911 and request service

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

Partners Crisis
for a licensed clinician 24/7/365
1-888-235-4673 (Medicaid or No Insurance)

If person receives an **Enhanced Service** (ACT, CST, IIH, MST, etc.), contact their team specific Crisis number which they/caregiver should be able to provide readily

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 oneself or someone else
- Has trouble performing daily tasks including: showering, parenting, working or school

Information from www.samhsa.org

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

CRISIS PLANNING & WELLNESS PLAN
Anyone who has ever had mental health difficulties needs to develop for themselves, while they are well, a crisis plan. 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, it should call 9-1-1)

Family and/or Peer 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
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
Parents of Addicted Loved One Support Group	
Clemmons.....	336-766-6375
Mental Health Association Forsyth(MHA).....	336-718-4770

Behavioral Health	
Addiction Recovery Care Assoc. (ARCA)	336-784-9470
Partners Health Management.....	833-353-2093
Atrium Psychiatry.....	336-716-4551
Daymark Recovery Services.....	336-607-8523
Insight Human Services.....	336-725-8389
Mental Health Consultation Clinic(FC school system).....	336-703-4273
Mobile Crisis/Mobile Engagement.....	1-866-275-9552
Monarch NC.....	336-306-9620
NC START(I/DD).....	919-865-8730
Novant Behavioral Health.....	336-718-3550
Old Vineyard - Ask for INTAKE.....	336-794-3550
SAMHSA Treatment Referral Helpline.....	1-800-662-4357
TROSA(abstinence-based treatment).....	336-915-8772
(Toll Free).....	1-833-408-7672

Medical Clinics	
Community Care Center	336-723-7904
Downtown Health Plaza.....	336-713-9800
Forsyth County Public Health.....	336-703-3100
United Health Center.....	336-293-8728
Mobile Clinic Atrium.....	743-212-2021
Shalom Clinic.....	336-757-1023
Highland Avenue Primary Care.....	336-718-4770

Veterans	
Veterans Crisis Line.....	1-800-273-8255 (press 1)
VA Medical Center - Kernersville.....	336-515-5000
VA Medical Center - Salisbury.....	1-800-706-9126
HARRY Veteran Community Outreach Services.....	336-725-3410
Veterans Helping Veterans Heal.....	336-744-1313
Veterans Treatment Court.....	919-890-1202
-Forsyth County 336-779-6623	

Harm Reduction
Twin City Harm Reduction (336-529-4492)
Narcan/naloxone (only)
-Forsyth County Detention Center Daily (8am-8pm)
-Forsyth County Pharmacy M-F (7:30am-5:00pm)