

Counseling

Counseling				
Name	Phone Number	Website	Personal Contact	Notes
(TC) Trinity Counseling Consulting	(919)995-6998	https://tcnc.org/		
Brain Balance	800.877.5500	https://www.brainbalancecenters.com/		Online and in person coaching. Locations in Charlotte and Raleigh.
Chance Walters Ministries	336-202-9734	https://www.chancewalters.org/	Rev. Jennifer Hecker	
Covenant Counseling Center	(336) 882-1224	http://www.covenantcounselingcenter.com/	Dr. Ben Omungu, Director	
Faithful Counseling	N/A	https://www.faithfulcounseling.com/	Chad Constantino	Kernersville
Focus on the Family Marriage Intensive	1-800-232-6459	https://www.focusonthefamily.com/marriage/		
Healing and Hope Counseling Center	704-865-8722	http://www.healingandhopecounselingcenter.com/		Gastonia, NC
Mental Health Association of Greensboro	(336) 373.1402	https://www.mhaq.org/		MHG offers a number of recovery support and educational programs, including recovery skills classes, support groups, and one-on-one sessions with NC Certified Peer Support Specialists.
Pregnancy Network	336-274-4881	https://thepregnancynetwork.org/		336-274-4901 number for churches
Restoration Place	336-542-2060 ext. 109	https://rpcounseling.org/	Cindy Mondello	women only
The Oaks	336.338.9291	https://www.theoakscommunity.org/	Alicia Brown	4819 PLEASANT GARDEN ROAD, PLEASANT GARDEN, NC 27313
To Bind the Broken	N/A	https://tobindthebroken.com/		book online only. Licensure unclear. Located in High Point
Sandhills Center	(800) 256-2452	https://www.sandhillscenter.org/		Connect individuals with Medicaid and state funds to services and also provide mobile crisis when needs arise for anyone in 9 counties including Guilford
Family Services of the Piedmont	(336) 387-6161 336-273-7273 (Crisis Line)	https://www.fspcares.org/		Has some state funds-Family Service of the Piedmont serves more than 19,000 local children and adults each year, addressing issues of domestic violence, child abuse, mental health and financial stability.

In-Patient Programs

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Name	Phone Number	Website	Personal Contact	Notes
Baptist Children's Homes	1-800-476-3669	https://www.bchfamily.org/programs/intellectual-%26-development-disabilities		group home for adults with disabilities
Cone Behavioral Health Hospital	1-800-711-2635	https://www.conehealth.com/locations/behavioral-health-hospital/		Call our 24-hour Helpline at 336-832-9700 or 800-711-2635 for immediate assistance for mental health and substance abuse issues.
Freedom House	336-286-7622	https://helpfreedomhouse.org/	Ann Thompson	
Greater Piedmont Adult and Teen Challenge	336.292.7795	https://www.gpteenchallenge.com/		
Living Free Ministries	336-376-5066	https://www.livingfreeministries.net/	Jay Doss	Men
Malachi House II	(336) 375-0900	https://www.malachihouse2.com/		
Mary's House	336-376-5067	https://www.livingfreeministries.net/the-women-s-program	Christie Doss	Women
Pierced Ministries and Rehab Inc	336-307-3899	https://www.pierced4me.org/		
Restoring the Foundation	(828) 696-9075	https://www.restoringthefoundations.org/		national organization based in TN with ministers in NC https://www.restoringthefoundations.org/our-ministry-teams/?fwp_ministry_team_country=united-states&fwp_ministry_team_state=north-carolina
SOZO	336.889.2177	https://gracehp.org/sozo		1141 Enterprise Dr High Point, NC 27260
Tabitha Ministry (no kids)	336-441-8003	https://www.tabithaministry.com/the-house/		free transitional housing, financial and abuse counseling
The House of Prayer Alcoholics Home	336-882-1026	http://houseofprayernc.org/		
Youth Focus	336-333-6853	https://www.youthfocus.org/		supportive housing

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Name	Phone Number	Website	Personal Contact	Notes
Daymark Recovery Services	336.899.1550	https://www.daymarkrecovery.org/index.php		866.275.9552 24-hour crisis line
Cone Outpatient Behavioral Health Care	336-832-9800.	https://www.conehealth.com/services/behavioral-health/outpatient-behavioral-health-care/		
Greensboro Urban Ministry	(336) 271-5959	http://www.greensborourbanministry.org/		
Celebrate Recovery - Triad Church	(336)662-9905	https://www.triad-church.com/celebrate-recovery/	Todd Haverton	
Alcohol and Drug Services	1.855.801.9817	www.adsyes.org		Provides substance abuse treatment services, prevention and education, and DWI services for Guilford County residents
Mental Health Associates of the Triad	336.822.2827	www.mha-triad.org		Provides programs for individuals with mental illness including rehabilitation services, supported employment, case management and community education

Support Groups

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Name	Phone Number	Website	Personal Contact	Notes
Triad Job Search Network, Covenant UMC	336.298.1152	www.tjsn.net	tye.martin2@gmail.com	Provides education, motivation, and networking tools for job seekers
Novant Behavioral Health Outpatient Services	336-945-4894	www.dbsalliance.org	Mary Potter	Free weekly peer-run support groups for mood disorder sufferers and caregivers
NAMI North Carolina	336-744-0370	www.naminc.org	Louise Whealton	NAMI Connection Recovery Support Groups for adults living with mental illness led by trained facilitators living in recovery.
Emotions Anonymous	651-647-9712	www.triadea.org		Non-religious 12-step program
GreenTree Peer Center	336-577-3743	www.greentreepeersupport.org	Laurie Coker	Peer-operated wellness center for people impacted by trauma, mental health and or substance use.
Mental Health Association Forsyth County	336-768-3880	www.triadmentalhealth.org	Andy Hagler	Support groups include Anxiety disorders, thrive young adult, schizophrenia, Tides Mood Disorders and General Mental Health
First Presbyterian Church	336-414-1466	millsrd@wfu.edu	Bob Mills	Mental Health Support Group Ministry founded by Bob Mills in 2001.
Grace-Filled Resilience - Concord UMC	336-830-0164	grace.filled.resilience@gmail.com	Matt & Teresa Reece	Christian support group for family, friends and individuals facing mental health challenges.
Friends in Hope - Hoots Memorial Hospital	336-782-4266	fkiger@gmail.com	Fran Kiger	Confidential, free peer support group for depression or related mental health challenges.

Emergency Contacts

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Name	Phone Number	Website	Notes
	911	911 https://www.911.gov/	
Mobile Crisis Unit	1-877-626-1772	https://www.mytahome.com/mobile-crisis	
The National Suicide Prevention Lifeline		988 https://988lifeline.org/	
National Sexual Assault Hotline	1-800-656-HOPE (4673)	https://www.rainn.org/resources	
National Domestic Violence Hotline	800.799.SAFE (7233)	https://www.thehotline.org/	
National Human Trafficking Hotline	1 (888) 373-7888	http://humantraffickinghotline.org	
National Child Abuse Hotline	800-422-4453	https://childhelpline.org/	https://www.ncdhhs.gov/divisions/social-services/child-welfare-services/child-protective-services
Gamblers Anonymous	(336) 681-8516	https://www.gamblersanonymous.org/ga/	
The National Grad Crisis Line	1.877.GRAD.HLP (1.877.472.3457)	https://gradresources.org/crisis/	graduate students have access 24/7 to trained counselors who understand the unique challenges facing grads.
Substance Abuse and Mental Health Services Administration National Helpline	1-800-662-HELP (4357)	https://www.samhsa.gov/find-help/national-helpline	(also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
National Runaway Safeline	1-800-RUNAWAY	https://www.1800runaway.org/	
Veterans Crisis Line	1-800-273-8255	www.veteranscrisisline.net	

References and Resources

References and Resources				
Name	Phone Number	Website	Personal Contact	Notes
Definition Care Ministry		care@definition.church	Kim Yerino	trained lay caregivers offer spiritual and emotional support
Covenant Eyes	1.989.720.8000	https://www.covenanteyes.com/		
American Family Association	662-844-5036	https://www.afa.net/		
Intercessors for America		https://ifapray.org/		