

LOCAL COMMUNITY RESOURCES  
CALL 211 FOR MORE INFORMATION

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 Wood Dwellings-Community First Center.....336-790-9766

Shelters

Bethesda Center.....336-722-9951  
Salvation Army (women & family).....336-777-8611  
Samaritan Ministries (men only).....336-748-1962

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  
Family Services, Inc.....336-722-8173  
Next Step.....336-413-5558

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  
Forsyth County Sheriff's Dept (non emergency).....336-727-2112

Other

Dept. of Social Services /Forsyth Co. DSS.....336-703-3501  
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  
WS-FC Schools.....336-787-2816



RECOGNIZE OPIOID OVERDOSE

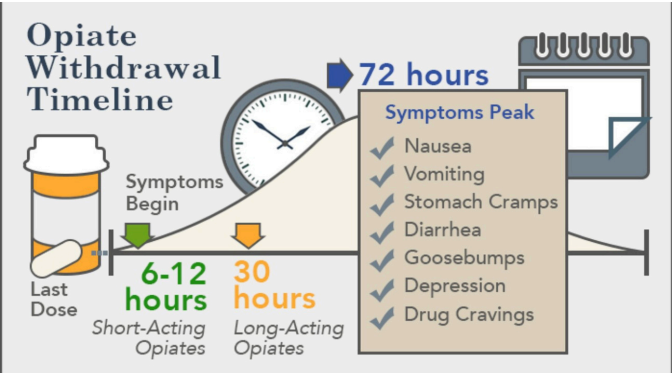
Opioids include some pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information will help you tell the difference. If you still can not tell the difference, it is best to treat the situation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

336-705-3668

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](http://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
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).....	336-768-3800

Behavioral Health

Partners Health Management.....	833-353-2093
Atrium Psychiatry.....	336-716-4551
Daymark Recovery Services.....	336-607-8523
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

Medical Clinics

Community Care Center .....	336-723-7904
Delivering Equal Access to Care (DEAC).....	336-716-3322
Dedicated Senior Medical Care.....	336-713-9800
Forsyth County Public Health.....	336-703-3100
United Health Center.....	336-955-1379
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 (Forsyth County).....	336-779-6623

Harm Reduction

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