Coping during COVID-19

Special services for adults & children in behavioral health or substance use crisis

If you are suffering a behavioral health or substance use issue and you do not have a medical problem that also requires treatment, there are more appropriate care options for you than your local emergency room. These specialists are offering special services, such as urgent behavioral health care, extended hours and phone/video assessments and visits.

Monarch

Behavioral Health Urgent Care & TeleHealth Support — Walk-in services for children ages 4 and up and adults. Please call ahead if possible. New patients, referrals welcome.

Extended hours — 7 days a week, 8 am to 8 pm
319 Chapanoke Road, Suite 120, Raleigh
Referrals & Clinic Information: 919-703-2845
www.monarchnc.org/behavioral-health-urgent-care

SouthLight

Virtual Assessments, Safe In-person Services — Behavioral health & substance use issues. New patients, referrals welcome.
Call between 8 am and 2 pm to schedule a virtual assessment.
Locations throughout Raleigh.
Phone: 919-787-6131, ext. 1431
www.southlight.org

Carolina Outreach

Behavioral Health Urgent Care & Virtual Assessments — Behavioral health & substance use issues. New patients, referrals welcome.

Urgent Care hours — Monday-Thursday, 8 am to 7 pm & Friday, 8 am to 3 pm
2670 Durham-Chapel Hill Blvd., Durham
Urgent Care: 919-251-9009
Referrals: 844-866-1166
www.carolinaoutreach.com

MindPath Care Centers

Virtual Behavioral Health Urgent Care & Scheduled Appointments — Behavioral health & substance use issues. New patients, referrals welcome. Go to our website and enter the virtual waiting room to connect with the first available specialist.

Hours: Monday-Friday, 9 am to 5 pm
Phone: 877-876-3783
Referrals: 919-443-4141, Fax: 855-420-6402
www.mindpathcare.com

The Pines at Holly Hill Hospital

3020 Falstaff Road, Raleigh
Phone: 919-250-7004