

Mental Health Resources Inventory

Atrium Health Wake Forest Baptist

Select the level of services needed to view resources available in your market and nationally.

- **Crisis Support Services:** For immediate help.
 - [Atrium Health Wake Forest Baptist resources](#)
- **Mental Health Services:** For intervention and therapy resources.
 - [Atrium Health Wake Forest Baptist resources](#)
 - [National resources](#)
- **Self-Care Resources:** Manage daily stressors and improve overall mental well-being.
 - [Atrium Health Wake Forest Baptist Resources](#)
 - [National resources](#)

Atrium Health Wake Forest Baptist

Atrium Health Wake Forest Baptist Crisis

[Immediate Crisis Lifeline](#)

- Call or text 9-8-8
- The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

[24/7 Atrium Health Behavioral Health Helpline](#)

- 704-444-2400
- A crisis intervention help line, staffed by masters-level mental health professionals and registered nurses: available 24-hours a day, seven days a week. The team answering the phone can also make referrals to behavioral health specialists and offer information on community behavioral health resources.

[24/7 Atrium Health Physician Behavioral Health Well Being Helpline](#) * For Physicians/APPs

- 704-444-5877 | TOLL FREE: 844-383-2105
- Discover tools for learning, finding inspiration, connecting with colleagues and finding support for mental health and well-being.

Atrium Health Wake Forest Baptist – Mental Health Services (Intervention and Therapy Resources)

[CARE Team: Campus Assistance for Resources and Empowerment](#) *For School of Medicine Students

- The CARE Team exists to ensure that all Wake Forest School of Medicine students have access to appropriate support as they adjust and succeed in demanding health sciences programs. This team provides a centralized system of prompt communication, coordination, and response for students in need of further support or at times of distress. Distress may include but is not limited to academic, financial or medical concerns, social pressures, personal well-being, or safety and security concerns.

[CareNet Counseling](#)

- 336-716-7339
- CareNet is a compassionate, professional, statewide, community-based counseling organization affiliated with Atrium Health Wake Forest Baptist, offering a highly personalized, spiritually integrated counseling care.

[Carolinas Behavioral Health Alliance \(CBHA\)](#)

- 800-475-7900
- Find a behavioral health provider in network- inpatient and outpatient facilities services covered under Health Saving Plan and Co-Pay Plan.

[Chaplains](#)

- Chaplains are on-call for people of all faiths or no faith background. They are available for encouragement, support, prayer, spiritual counseling, and facilitating communication among caregivers, patients and families. They also assist patients who request help to learn about or execute Advance Directives.
 - **Davie Medical Center**
 - Chaplain Adam Ridenhour | 336-998-2882
 - **High Point Medical Center**
 - Chaplain Brooks Johnson | 336-878-6069

- Chaplain Tiffany Seaford | 336-878-6069
- **Lexington Medical Center**
 - Chaplain Dianne Horton | 336-238-4560
- **Wake Forest Baptist Medical Center** (Winston-Salem Campus)
 - Chaplain Bruce Johnson | 336-713-8557
- **Wilkes Medical Center**
 - Chaplain Graylin Carlton | 336-651-8120

[Code Lavender](#)

- The high calling of a career in healthcare brings many rewards, but it also brings stress. Compassion fatigue and burnout among healthcare professionals continue to rise amid ongoing changes within the industry. Code Lavender is an intervention tool that assists teammates who need support after experiencing a difficult or traumatic event.
 - **Davie Medical Center:** 336-998-2882
 - **High Point Medical Center:** 336-878-6069 or 336-878-6069
 - **Lexington Medical Center:** 336-238-4560
 - **Wake Forest Baptist Medical Center** (Winston-Salem Campus): 336-713-8557 or 336-716-9647
 - **Wilkes Medical Center:** 336-651-8120

[Counseling and Well-Being Services via Canvas](#) *For School of Medicine Students

- 336-716-0637, select option 2
- Counseling and Well-Being Services (CAWS) is here to help you flourish. We help students in the School of Medicine find their compass and cultivate resources so that they can successfully navigate the demands of higher education to become thriving citizen-professionals in healthcare.

[Critical Incident Staff Support \(CISS\)](#)

- The mission is to assist staff members by:
 - Providing immediate crisis intervention
 - Minimizing harmful effects of stress relating to crisis or traumatic events
 - Providing resources for follow-up and ongoing education about critical incident stress
 - The CISS Team is developed from Emergency Resuscitation Services, Employee Assistance Program, Human Resources, Chaplaincy, Risk and Insurance Management and other staff members who have specialized training.

[HELP Now](#)

- Atrium Health is helping teammates get access to crucial life support services. Today you can get connected with a Community Health Worker dedicated to supporting the needs of teammates.
- To participate in the programs below, you will need your 6-digit Atrium Health Teammate ID and other personal details.

[Employee Assistance Program \(EAP\)](#)

- 336-716-5493
- After hours contacts:
 - Pastoral Care Chaplain on call: 336-713-7243; pager ID #9754
- EAP is provided as a benefit to all AHWFB teammates and their immediate family members. It is a confidential service where trained counselors offer assessment, referral and short-term problem-solving to address a range of personal/emotional concerns. Services are available at no cost and may include referrals.

[Employee Emergency Fund](#)

- The Employee Emergency Fund provides emergency funds for employees who experience a sudden and unexpected financial hardship. Recipients of funds and their circumstances are confidential. Available funds are limited. Any financial support offered is a gift, rather than a loan, to the recipient.

Faculty Affairs *For Faculty

- Is responsible for faculty vitality, including promotion and tenure, faculty professional and personal development, and junior faculty mentoring. They collaborate with Human Resources in the recruitment and on-boarding of faculty, and in assuring a safe and collegial environment in which faculty can thrive. It includes the Women in Medicine and Science Program, Emeritus Academy, Office of Well-Being and Resilience, and Ombuds Office.

Faculty Omuds *For Faculty

- Provides a safe environment where faculty members may speak confidentially about issues of concern related to their work at our institution. This office functions independently and serves as an informal, neutral resource complementary to formal institutional programs and services. The office's goal is to offer information and assistance to faculty and, if needed, help resolve interpersonal conflicts or misunderstandings, as well as academic and administrative concerns.

Leadership Site * For Leaders

- Links to resilience resources and other time sensitive tools.

Mental Health Concierge Service *For Faculty

- The Concierge Service provides quick and easy access to quality internal and external behavioral health medicine provider referrals to the NW Central Region Faculty.
- Confidential Referral Process:
Faculty member contacts Dr. Steven Scoggin in the Office of Faculty Affairs (sscoggin@wakehealth.edu or 336-716-7578). Outreach will be responded to the day it is received. Please designate times available and the best way to contact you (text, email, cell or office phone or in person). This service is for faculty members (which can include marital counseling) but does not include family members at this time. If the need is for a family member referral you can contact Dr. Ruth Benca, rbenca@wakehealth.edu.

Student Affairs * For Medical Students

- 336-716-4271

Hardship Support

- PeopleConnect resource that links to Atrium Health Caregiver Heroes and Teammate Emergency Care Fund, Atrium Health H.O.P.E. Housing Assistance, Community Resource Hub, Mental Health Support and Resilience Resources

HELP Now

- Atrium Health is helping teammates get access to crucial life support services. Get connected with a Community Health Worker dedicated to supporting the needs of teammates.

PATH Program (Physician, APP and Teammate Help Program)

- 704-512-7578.
- PATH is a short-term focused mental health treatment program for teammates who need additional support and face challenges finding services due to wait times or other barriers.

Atrium Health Wake Forest Baptist – Self-Care Resources

Mental Health First Aid

- An 8-hour training course teaches to be aware of people experiencing a mental health crisis and be able to provide resources. also helps educate about breaking the stigma of mental health.

Meditation Playlist

- Recorded sessions available on demand.

[My Stress Tools](#)

- MyStress Tools is a suite of stress management products such as stress tests, journaling exercises, guided meditations, videos and relaxation music, available at no cost to teammates. Use code 287486 to access available tools

[North Carolina Physicians Health Program \(NCPHP\)](#) ***For Medical Professionals**

- NCPHP encourages the well-being and recovery of medical professionals through compassion, support and accountability.

[NC 211 - United Way of North Carolina](#) ***For all NC residents**

- Families and individuals in North Carolina can call to obtain free and confidential information on health and human services within their community. Available in most languages. It is open 24 hours a day, seven days a week, 365 days a year.

[North Carolina Department of Health and Human Services \(NCDHHS\)](#)

- Providing quality support to achieve self-determination for individuals with intellectual and/or developmental disabilities and quality services to promote treatment and recovery for people with mental illness and substance use disorders.

[North Carolina Medical Board](#) *** For Physicians and APPs**

- Contains licensure and resources information.

[Peaceful Pause](#)

- Peaceful Pause is a five-minute virtual session that plays music researched and proven to reduce stress and anxiety. Create a daily reminder on your outlook calendar and include link above.

[Soitle Center for Resiliency](#)

- 336-794-0230
- The Sotile Center for Resilience is a comprehensive wellness center for individuals and families located in Davidson, NC.

[Teen Health Connection](#)

- 704-381-8336
- Teen Health Connection is the leading provider of integrated medical and behavioral healthcare for adolescents and young adults ages 11 through 25.

[The WELL: LiveWELL's Podcast](#)

- The WELL is a podcast series connecting teammates to physical, financial, personal, and mental health topics that matter to them most.

[Well-being Coaching](#)

- A dedicated coach will take time to understand your unique needs and will help you with barriers that may get in the way of your success. Your coach will help you set realistic goals and provide support to make lasting lifestyle changes that can improve your overall well-being.

National

National - Mental Health Services (Intervention and Therapy Resources)

For Atrium Health Greater Charlotte, Floyd, Navicent and Wake Forest Baptist and Midwest Wisconsin and Illinois Teammates

[Alcoholics Anonymous \(AA\)](#)

- AA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common difficulty and help others to recover from alcoholism.

[Disaster Distress Helpline \(from SAMHSA\)](#)

- 800-985-5990 – provides 24-hour disaster crisis counseling
- This is a multilingual crisis support service for those experiencing emotional distress related to natural or human-caused disasters.

[The Emotional PPE Project](#) *For Healthcare Workers

- Connects healthcare workers seeking emotional healthcare with licensed mental health professionals who can help at no cost, and insurance is not required.

[FindTreatment.gov](#)

- FindTreatment.gov is a confidential, anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

[HealthWell Foundation](#) *For Emergency and Medical Workers

- Assistance with the cost of prescription drugs, counseling services, cognitive behavioral therapy, and transportation needed to treat or manage behavioral health concerns.

[Love First](#)

- Intervention and recovery strategies and resources for families.

[Mental Health America: Screening Website](#)

- Provides multiple screeners to help those experiencing symptoms of a mental health condition.

[Narcotics Anonymous \(NA\)](#)

- 818-773-9999
- A non-profit fellowship or society of people for whom drugs had become a major problem.

[National Domestic Violence Hotline](#)

- 800-799-7233
- For survivors of abuse, some as concerned friends or family members, some as abusive partners seeking to change themselves.

[National Helpline \(from SAMHSA\)](#)

- 800-662-HELP (4357)
- A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

[National Institute on Mental Health \(NIMH\)](#)

- 866-615-6464
- Directory of mental health resources, research, news, events, funding, and ways to help.

[Home | NAMI: National Alliance on Mental Illness](#)

- The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[National Sexual Assault Hotline, RAINN](#)

- 800-656-HOPE (4673)
- RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

[Suicide Prevention Services America](#)

- 630-482-9699
- Provide information, resources, education, and support for people who are suicidal and for people who care about someone who is suicidal.

National – Self-Care Resources

For Atrium Health Greater Charlotte, Floyd, Navicent and Wake Forest Baptist and Midwest Wisconsin and Illinois Teammates

[Resources for Addiction Rehabilitation & Recovery | American Addiction Centers](#)

- The leading provider for addiction treatment nationwide, which specializes in evidence-based treatment and mental healthcare services.

[American Medical Association \(AMA\) STEPS Forward Program](#) ***For Physicians/APPs**

- AMA STEPS Forward® offers a collection of engaging and interactive educational toolkits that are practical, actionable “how-to” guides to transform and improve your practice.

[American Nurse Association \(ANA\): Healthy Nurse, Healthy Nation](#) ***For Nurses**

- The Healthy Nurse, Healthy Nation™, is a program of the American Nurses Association Enterprise designed to improve the health of the Nation's 4.3M nurses - one nurse at a time.

[American Psychiatric Association](#) ***For Physicians/APPs**

- Online books, journals and information on psychiatry.

[Centers for Disease Control](#)

- Offers information on various health topics, stats and outbreaks.

[Cognition and Well-Being Skill Development Workshop](#) *** For Physicians/APPs**

- An online learning portal of the accreditation council for graduate medical education.

[Healing Warrior Hearts](#) ***For Veterans and families**

- Healing Warrior Hearts provides programs for Veterans and their families, dedicated to healing the emotional, moral and spiritual wounds of war.

[Nar-Anon Family Groups](#)

- A 12-step program for family and friends of addicts.

[National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)

- NIAAA supports and conducts research on the impact of alcohol use on human health and well-being.

[National Institute on Drug Abuse \(NIDA\)](#)

- NIDA is the lead federal agency supporting scientific research on drug use and addiction.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

- Use this site to find treatment facilities and programs in the United States or U.S. Territories for mental and substance use disorders. Practitioner training is also available.

[US Department of Veterans Affairs](#) ***For Veterans**

- A variety of mental health resources, information, treatment options, and more — all accessible to Veterans, Veterans' supporters, and the general public.