

## Mental Health Resources Inventory

### Atrium Health Floyd

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

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

## Atrium Health Floyd

### Atrium Health Floyd – 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.

#### 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.

#### 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 Floyd – Mental Health Services (Intervention and Therapy Resources)

#### [Atrium Health Floyd Behavioral Health Services](#)

- Atrium Health's behavioral health team provides access to a comprehensive range of behavioral health services including alcohol addiction, drug addiction, and mental health disorders. Teammates can access experienced behavioral health professionals for a variety of services including developing target plans, free mental health screening, and more.

#### Pastoral Support

- 706-509-5199
- On-call 24 hours a day for people of all faiths or no faith background. Chaplains are available for encouragement, support, prayer, spiritual counseling, and facilitating communication among caregivers, patients and families.

#### [Code Lavender](#)

- 980-212-HOPE (4673)
- Code Lavender is an intervention tool that assists teammates who need support after experiencing a difficult or traumatic event.

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

- 888-371-1125
- Cigna Employee Assistance Program (EAP) offers free, confidential counseling any time, day or night, to help with personal problems and work-life balance issues. EAP counselors can confidentially discuss your situation and help you find resources and information on issues such as mental health, personal and professional relationships, substance abuse, family life, and daily stress.

### [Virtual-provider opportunities](#)

- Multiple levels of care options, from general mental health conditions to complex, specialty care

### [TalkSpace](#)

- A digital space for private and convenient mental health support. You can choose your therapist from a list of recommended, licensed providers and receive support day and night for the convenience of your device: [talkspace.com/covered](https://talkspace.com/covered) or call the EAP 1-888-371-1125 and request TalkSpace services.

### [Bend](#)

- Bend is a family-based digital mental health platform offering timely access to psychiatry and support services for children, teens and young adults. Supports kids and teens ages one through seven. Insurance accepted.

### [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.

### [Findhelp](#)

- Search by zip code and connect to support. Financial assistance, food pantries, medical care and other free or reduced-cost help.

## **Atrium Health Floyd – 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.

### [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.

### [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

- Provides 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.