



Mental Health & Community Resources



DECEMBER 2021



A Safe Home For Everyone (24/7) **336-246-5430**
(domestic violence, sexual assault, child sexual abuse hotline)

Ashe County Sheriff's Office **336-846-5633**

Crisis Text Line text "**hello**" to **741741**
(a 24/7 texting service providing support for those in crisis)

Daymark Mobile Crisis (24/7) **877-492-2785**
(local after hours crisis service)

Department of Social Services **336-846-5700**

National Suicide Prevention Lifeline **800-273-TALK**

Nacional de Prevencion del Suicidio (24/7) **888-628-9454**

Options for Deaf + Hard of Hearing (24/7) **800-799-4889**

SAMHSA National Helpline **1-800-662-4357**
(support and referrals for substance use treatment)

The Trevor Project **866-488-7386**

Helpful Apps

Virtual Hope Box
(safety, and coping tools)

Insight Timer
(meditation and mindfulness)

Equoo
(emotional fitness game)

Online Resources

suicidepreventionlifeline.org

thetrevorproject.org

loveisrespect.org

wataugateenproject.weebly.com



QR code for
Virtual
Calming
Room

