



Where do I turn to get help for my child in North Carolina?



**SAMHSA**



NC Division of Mental Health,  
Developmental Disabilities and  
Substance Abuse Services



Center for  
youth, family, and community  
Partnerships

## What is the first step?

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It is hard to know what to do when you find out that your child may be using drugs or alcohol. You need answers fast.

You can contact your **Local Management Entity (LME)**. They can refer you to agencies in your area who screen, assess, and treat adolescents with substance abuse issues.

Each LME has a **24 hour/7 days week/365 days a year** phone number that is staffed by trained professionals who will help you find answers. You can receive services even if you do not have insurance. Medicaid and private insurance are accepted (see page three for a listing of LMEs and phone numbers).

## What is an LME?

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LME stands for Local Management Entity. North Carolina is divided into 25 different LMEs. Some LMEs serve multiple counties while other LMEs only serve one county. For example, The Durham Center is an LME that only serves Durham County, but Center Point Human Services LME serves Davie, Forsyth, and Stokes Counties.

LMEs manage and coordinate mental health, developmental disabilities, and substance abuse services in their areas.

LME responsibilities also include **offering consumers access to services - 24 hours a day, 7 days a week, 365 days a year**, monitoring treatment providers, and handling consumer complaints.

## Which LME do I call for help?

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### Step 1: Find out which LME serves your county.

Find your county on the map on page two. LME boundaries are designated by the dark black line. If your county does not have a label, your LME has the same name as your county. You can also look for your county name on the list starting on page three.

### Step 2: Call your LME helpline.

There is a contact list of LMEs starting on page three. Most LMEs have both an emergency number and a non-emergency line. If it is after hours, the emergency number is probably the line that is staffed 24 hours.

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# LME Contact List

## 1. Alamance-Caswell LME

Counties: Alamance  
Caswell  
Emergency: 336-513-4444  
Non-Emergency: 336-513-4200  
<http://www.acmhdds.org/>

## 2. Albemarle MH Center & DD/SAS

Counties: Camden  
Chowan  
Currituck  
Dare  
Hyde  
Martin  
Pasquotank  
Perquimans  
Tyrell  
Washington  
Emergency: 888-627-4747  
Non-Emergency: 252-338-8352  
<http://www.albemarleahc.org/>

## 3. The Beacon Center

Counties: Edgecombe  
Greene  
Nash  
Wilson  
Emergency: 888-893-8640  
Non-Emergency: 252-937-8141  
<http://www.thebeaconcenter.net/>

## 4. Mental Health Partners

Counties: Catawba  
Burke  
Emergency: 877-327-2593  
Non-Emergency: 828-327-2595  
<http://www.catawbacountync.gov/MentalHealth/>

## 5. Center Point Human Services

Counties: Davie  
Forsyth  
Rockingham  
Stokes  
Emergency: 888-581-9988  
Non-Emergency: 336-714-9100  
<http://www.cphs.org/>

## 6. Crossroads Behavioral Healthcare

Counties: Iredell  
Surry  
Yakin  
Emergency: 888-235-4673  
Non-Emergency: 336-835-1000  
<http://www.crossroadsbhc.org/>

## 7. Cumberland County Mental Health Center

Counties: Cumberland  
Emergency: 910-323-0601  
Non-Emergency: 877-223-4617  
<http://www.ccmentalhealth.org/>

## 8. The Durham Center

Counties: Durham  
Emergency: 800-510-9132 OR 919-560-7100  
Non-Emergency: 919-560-7200  
<http://durhamcenter.org/>

## 9. East Carolina Behavioral Health

Counties: Beaufort  
Bertie  
Craven  
Gates  
Hertford  
Jones  
Northampton  
Pamlico  
Pitt  
Emergency: 877-685-2415  
Non-Emergency: 252-636-1510  
<http://www.ecbhlme.org/>

## 10. Eastpointe

Counties: Duplin  
Lenoir  
Sampson  
Wayne  
Emergency: 800-913-6109  
Non-Emergency: 919-731-1133  
<http://www.eastpointe.net>

## 11. Five County Mental Health Authority

Counties: Franklin  
Granville  
Halifax  
Vance  
Warren  
Emergency: 877-619-3761  
Non-Emergency: 252-430-1330  
<http://www.fivecountymha.org/>

## 13. Guilford Center for Behavioral Health

Counties: Guilford  
Emergency: 800-853-5163  
Non-Emergency: 336-641-4981  
<http://www.guilfordcenter.com/>

## LME Contact List (continued)

### 14. Johnston County Area MH/DD/SA Authority

Counties: Johnston  
Emergency: 888-815-8934  
Non-Emergency: 919-989-5500  
<http://www.johnstonnc.com/>

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### 15. Mecklenburg County Area MH,DD & SA Authority

Counties: Mecklenburg  
Emergency: 877-700-3001  
Non-Emergency: 704-336-2023  
<http://www.charmeck.org/departments/Area+Mental+Health/home.htm>

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### 16. Onslow Carteret Behavioral Healthcare Services

Counties: Carteret  
Onslow  
Emergency: 888-737-0327  
Non-Emergency: 910-219-8000  
<http://www.ocbhs.org/>

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### 17. Orange-Person-Chatham MH/DD/SA Authority

Counties: Orange  
Person  
Chatham  
Emergency: 800-233-6834  
Non-Emergency: 919-913-4000  
<http://www.opcareaprogram.com/>

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### 18. Pathways MH/DD/SA

Counties: Cleveland  
Gaston  
Lincoln  
Emergency: 800-898-5898  
Non-Emergency: 704-884-2501  
<http://www.pathmhdds.org/>

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### 19. Piedmont Behavioral Healthcare

Counties: Cabarrus  
Davidson  
Rowan  
Stanly  
Union  
Emergency: 800-939-5911  
Non-Emergency: 704-721-7000  
<http://www.pbhcare.org/>

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### 20. Sandhills Center for MH/DD/SAS

Counties: Anson  
Harnett  
Hoke  
Lee  
Montgomery  
Moore  
Randolph  
Richmond  
Emergency: 800-256-2452  
Non-Emergency: 910-673-9111  
<http://www.sandhillscenter.org/>

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### 21. Smoky Mountain Center

Counties: Alleghany  
Ashe  
Avery  
Cherokee  
Clay  
Graham  
Haywood  
Jackson  
Macon  
Swain  
Watauga  
Wilkes  
Emergency: 800-849-6127  
Non-Emergency: 828-586-5501  
<http://www.smokymountaincenter.org/>

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### 22. Southeastern Center for MH/DD/SAS

Counties: Brunswick  
New Hanover  
Pender  
Emergency: 910-251-6551  
Non-Emergency: 910-251-6440  
<http://www.secmh.org/>

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### 23. Southeastern Regional MH/DD/SAS Services

Counties: Bladen  
Columbus  
Robeson  
Scotland  
Emergency: 800-670-6871  
Non-Emergency: 910-738-5261  
<http://www.srmhc.org/>

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### 24. Wake County Human Services

Counties: Wake  
Emergency: 866-518-6784 **OR** 919-250-3133  
Non-Emergency: 919-250-3100  
<http://www.wakegov.com/default.htm>

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## LME Contact List (continued)

### 25. Western Highlands Network

Counties: Buncombe  
Henderson  
Madison  
Mitchell  
Polk  
Rutherford  
Transylvania  
Yancey

Emergency: 800-951-3792  
Non-Emergency: 828-225-2800  
<http://www.westernhighlands.org/>

## Websites of Interest

### 12 Step Support Groups

Al-Anon World Service Office	<a href="http://www.al-anon.org">www.al-anon.org</a>
Al-Anon Meetings in NC	<a href="http://www.al-anon.org/meetings/northcarolina.html">www.al-anon.org/meetings/northcarolina.html</a>
Food Addicts in Recovery	<a href="http://www.foodaddicts.org">www.foodaddicts.org</a>
Alcoholics Anonymous	<a href="http://www.aa.org">www.aa.org</a>
Adult Children of Alcoholics	<a href="http://www.adultchildren.org">www.adultchildren.org</a>
Co-dependents Anonymous	<a href="http://www.coda.org">www.coda.org</a>
Overeaters Anonymous	<a href="http://www.oa.org">www.oa.org</a>
Gamblers Anonymous	<a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a>
Debtors Anonymous	<a href="http://www.debtorsanonymous.org">www.debtorsanonymous.org</a>
Emotions Anonymous	<a href="http://www.emotionsanonymous.org">www.emotionsanonymous.org</a>
Narcotics Anonymous	<a href="http://www.na.org">www.na.org</a>
Nar-Anon	<a href="http://www.nar-anon.org">www.nar-anon.org</a>
Dual Recovery	<a href="http://www.dualrecovery.org">www.dualrecovery.org</a>
Schizophrenics Anonymous	<a href="http://www.sanonymous.com">www.sanonymous.com</a>
Cocaine Anonymous	<a href="http://www.ca.org">www.ca.org</a>
Double Trouble	<a href="http://www.doubletroubleinrecovery.org">www.doubletroubleinrecovery.org</a>
Nicotine Anonymous	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>
Families Anonymous	<a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>

FIND TREATMENT FACILITIES IN YOUR AREA BY GOING TO:

<http://dasis3.samhsa.gov/Default.aspx>

You can also access this locator through the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services at:

<http://www.dhhs.state.nc.us/mhddsas/services.htm>



# HELP LINES - For Youth

Calling these numbers is free. Remember, you don't have to say who you are, and what you say is confidential.

<b>Adolescent Crisis Intervention and Counseling Nineline</b>	1-800-999-9999
<b>Alcohol/Drug Abuse Hotline</b>	1-800-662-HELP (1-800-662-4957)
<b>Al-Anon / Alateen Hotline</b> (Hope and help for young people who are the Relatives and friends of a problem drinker)	1-800-344-2666
<b>Drug Help National Helpline</b>	1-800-378-4435
<b>Gay, Lesbian, Bisexual, and Transgender Youth Support Line</b>	1-800-850-8078
<b>National Runaway Hotline</b>	1-800-231-6946 1-800-621-TEEN (1-800-662-4000)
<b>Marijuana Anonymous</b>	1-800-766-6779
<b>National Adolescent Suicide Hotline</b>	1-800-621-4000
<b>National Association for Children of Alcoholics</b>	1-800-554-2627
<b>National Youth Crisis Line</b>	1-800-448-4663
<b>Self-injury Hotline – SAFE Alternative Program (Self Abuse Finally Ends)</b>	1-800-DONT CUT (1-800-366-8288)
<b>Sexual Assault / Rape Hotline</b>	1-800-656-HOPE (1-800-656-4673)
<b>Teen Help Line</b>	1-800-400-0900
<b>Teen Line</b>	1-800-522-8336
<b>Youth Crisis Hotline</b>	1-800-448-4663 1-800-422-0009

NC DHHS  
DMH/DD/SAS  
Community Policy Management  
Substance Abuse Services

3005 Mail Service Center  
Raleigh, NC 27699-3005  
919-733-4670  
919-733-4556 (fax)