

Durham County Mental Health Resources

Durham Public Schools Co-Located Mental Health (CLMH) Services

Is a system of school-based mental health support for the students of DPS to support that need. Through the CLMHS system, community mental health providers contract with DPS to provide services to students in the school(s) to which they have been assigned ([go to 2024-2025 Provider Chart](#)). Contact your school's principal, school social worker, or school counselor for more information.

Current DPS Co-Located Mental Health Partners

[The Aya Center](#)
[Carolina Outreach](#)
[Diverse Family Services](#)
[Renaissance Wellness](#)

[Upward Change Health Services](#)
[Youth Extensions](#)
[United States Committee for Refugees & Immigrants](#)

See Something, Say Something

[Click Here](#) or call a 24/7

Crisis Hotline Counselor: 1-844-5-SayNow.

DPS Text-A-Tip # 274637

(Start your message with keyword: DPSTIP) or

www.dpsnc.net/tipsubmit

Holistic Empathetic Assistance Response Team (HEART) Call: 911

Connects residents to the right care and provide assistance in crisis

Call: 911 and ask for the HEART team

Durham Recovery & Response Center

Call: 919-560-7305

Provides medication restart and/or stabilization. Group therapy, and referral to ongoing/long-term outpatient services.

Duke Regional Behavioral Health

Call: 919-684-0100

A provider will sit with you to help assess your needs for therapy and/or medication.

Carolina Outreach Behavioral Health Urgent Health Care

Call: 919-251-9009

Provides walk-in service, emergency medication refills, and crisis counseling to children and adults insured with Medicaid or who are uninsured. For general questions about services call 844-866-1166.

El Futuro, Inc.

Call: 919-688-7101

Outpatient clinic that provides comprehensive mental health services for Latino families. They accept Medicaid, Health Choice, and other insurance and also serve those who do not have insurance.

Durham Wellness City-Recovery Innovations

Call: 866-481-5331 (24/7 crisis hotline)

Provides support for adults in recovery from mental health or substance use challenges.

Call: 919-687-4041 for appointments

Alliance Health

Call: 800-510-9132

Serves people who are insured by Medicaid or are uninsured.

CAARE Inc.

Call: 919-683-5300

Provides mental, physical, and dental health care.

Durham Crisis Response Center

Call: 919-403-6562 (24/7 crisis hotline)

Provides counseling, shelter, safety planning, legal assistance, hospital accompaniment, and more for those experiencing domestic violence.

Lincoln Community Health Center

Provides physical & mental health support

Call: 919-956-4000

BECOMING Program

Call: Danielle Hudson at

919-651-8830

A Durham based program for young adults experiencing significant life challenges that offers access to various resources including training programs Requirements: Durham County resident age 16-21.5 years old; Medicaid or State IPRS eligible; a diagnosable mental health condition, but not intellectual/developmental delay or substance abuse as the primary diagnosis; experiencing life challenges in at least one of these areas: housing, employment, education, pregnancy/parenting, police/legal.

Adolescent Parenting Program (Department of Social Services) Call: 919-560-8000

Monthly peer group meetings and parenting skill enhancement for pregnant teens and teen parents support and assistance. Open Monday through Friday 8:15 am to 5:30 pm.

Care Coordination for Children (Durham County Health Department) Call: 919-560-6879

Promotes overall health of children from age 0 to 5 through house visits, doctor's visits, and guidance and support for families.

Mental Health of America of the Triangle

Call: 919-942-8083

A national organization that supports a variety of education, training, and support for parents, providers and community members on an array of topics related to mental health and wellness throughout the year including free counseling to uninsured/underinsured individuals

Center for Child and Family Health

Call: 919-419-3474

Child and Parent Support Services (CAPSS) include behavior management, training, and mental health services for young children.

Duke Child Development and Behavioral Health Clinic

Call: 919-668-5559

Child and adolescent, ages 0 to 24, psychiatric, developmental, behavioral, and substance use illness diagnostics and treatment. Open Monday through Friday 8:00 am to 5:30 pm

National Suicide Prevention Lifeline

Call or text: 988 (24/7 hotline)

Trevor Project

Serves LGBTQ+ people who are in need of support.

Call: 866-488-7386 (24/7 crisis hotline)

Text: START to 678-678

National Alliance on Mental Illness (NAMI)

Call: 800-950-HELP (6264)

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message. if someone you know is struggling with mental illness Crisis Line: Text NAMI to 741-741

Programs:

- Family-to-Family Education Program is a free 12-session course that teaches ways to understand and help the person with mental illness and helps the family cope with family crisis.
- Family Support Group is for family members and close friends of mental health consumers.
- NAMI Connection is a recovery support group program for persons who live with mental illness.
- Peer-to-Peer Education Program consists of nine two-hour classes taught by a team of three who are personally experienced at living well with mental illness.
- In Our Own Voice educates the general public and changes attitudes and stereotypes about who has mental illness and how those persons look and act.
- NAMI Basics is a free six week course for parents or direct caregivers of children who have shown symptoms of mental illness before the age of 13.