

Resources

CRISIS:

- Durham County: **9-1-1** ask for Crisis Intervention Team for MH & SUD emergencies (de-escalation trained)
<https://durhamnc.gov/3698/Crisis-Intervention-Team-CIT>

DUKE TREATMENT:

- Adult psychiatry scheduling – 684-0100
- Adolescents/young adults – <https://ipmh.duke.edu/content/cast>
- Smoking Cessation –
<https://www.dukehealth.org/treatments/smoking-cessation>
- Duke employees: Personal Assistance Program –
<https://pas.duke.edu/concerns/addictions>

OTHER INTERCONNECTED SYSTEMS TO SUPPORT SUD CARE:

Alliance Behavioral Health, UNC, Wake Med, TROSA, Carolina Outreach

NARCAN/NALOXONE:

North Carolina resource for harm reduction and opiate reversal drug
<https://naloxonesaves.org/>
List of pharmacies with naloxone (>40 in Durham alone)

OTHER SUPPORT RESOURCES:

- Local NAMI chapter – National Alliance for Mental Illness – <https://naminc.org/>
Great support for families
- Substance Abuse and Mental Health Services Administration – <https://www.samhsa.gov/>
Great resource for learning about SUD and MH treatment resources, impact of COVID
- National Institute on Alcohol Abuse & Alcoholism (NIAAA) – <https://www.rethinkingdrinking.niaaa.nih.gov>
Great resource for learning about drinking, health costs, alcohol cost calculator, etc.
- Smokefree.gov – <https://smokefree.gov/tools-tips>
Tips for quitting smoking
- Blog by Nora Volkow, Director of National Institute on Drug Abuse (NIDA) –
<https://www.drugabuse.gov/about-nida/noras-blog>
Very accessible COVID reflections and directions