## 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](https://durhamnc.gov/3698/Crisis-Intervention-Team-CIT)

### DUKE TREATMENT:
- Adult psychiatry scheduling – **684-0100**
- Adolescents/young adults – [https://ipmh.duke.edu/content/cast](https://ipmh.duke.edu/content/cast)
- Smoking Cessation – [https://www.dukehealth.org/treatments/smoking-cessation](https://www.dukehealth.org/treatments/smoking-cessation)
- Duke employees: Personal Assistance Program – [https://pas.duke.edu/concerns/addictions](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/](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/](https://naminc.org/)
  - Great support for families
- Substance Abuse and Mental Health Services Administration – [https://www.samhsa.gov/](https://www.samhsa.gov/)
  - Great resource for learning about SUD and MH treatment resources, impact of COVID
  - Great resource for learning about drinking, health costs, alcohol cost calculator, etc.
  - Tips for quitting smoking
- Blog by Nora Volkow, Director of National Institute on Drug Abuse (NIDA) – [https://www.drugabuse.gov/about-nida/noras-blog](https://www.drugabuse.gov/about-nida/noras-blog)
  - Very accessible COVID reflections and directions