

24/7 Help

- Our emergency phone is covered 24/7: **(336) 525-9090**.
 - There are also several options for mental health emergencies locally in Alleghany, Ashe, Avery, Watauga, and Wilkes Counties.
 - If you or your relative needs in-home assessment for a psychiatric emergency, this is managed by Daymark Recovery Services:
866-725-9552
 - **SUICIDE PREVENTION HOTLINE 1-800-273-8255 or <https://suicidepreventionlifeline.org/>**
- Or
- <https://www.mentalhealth.gov/get-help/immediate-help>
- Most counties in North Carolina also have mobile crisis services for in-home assessment, a full list is available at:
www.moodtreatmentcenter.com/mobilecrisis.pdf
 - If you feel you need immediate, emergency evaluation, you may go to the **Emergency Room**.
 - Alleghany Memorial Hospital
233 Doctors St, Sparta, NC 28675
[\(336\) 372-5511](tel:3363725511)
 - Ashe Memorial Hospital
200 Hospital Ave, Jefferson, NC 28640
[\(336\) 846-7101](tel:3368467101)
 - Canon Memorial Hospital
434 Hospital Dr, Linville, NC 28646
[\(828\) 737-7000](tel:8287377000)
 - Watauga Medical Center
336 Deerfield Rd, Boone, NC 28607
[\(828\) 262-4100](tel:8282624100)
 - Wilkes Regional Medical Center
1370 W D St, North Wilkesboro, NC 28659
[\(336\) 651-8100](tel:3366518100)

Alternatively, two hospitals in Winston-Salem offer psychiatric assessments 24/7. These hospitals are trying to offer assessments outside of the emergency-room setting. These assessments may lead to hospital admission or to a daily “partial hospital” group program:

Novant Behavioral Health Assessment Center
175 Kimel Park Drive, Suite 100
Winston-Salem, NC
(336) 718-3550

Old Vineyard Behavioral Health Services
3637 Old Vineyard Road
Winston-Salem, NC 27104
(855) 234-5920

Moses Cone Behavioral Health Services
700 Walter Reed Drive
Greensboro, NC 27403
336-832-9700 or 800-711-2635

–Updated 01/11/2018 by Chris Aiken, MD