



## Health and Wellness Resources

### On Campus

- School Counselors: 919-424-4051 or 919-424-4023
- Binder Health Center: 919-424-4043
- Security: 919-424-4044
- A-Team: 919-389-8764
- Your daughter's advisor phone number:

### Local Off-campus 24/7 Emergency Hotlines

- Raleigh Crisis Line  
919-231-4525 (24/7 phone and text M-F 10 a.m.-10 p.m.)  
OR 1-877-235-4525 (24/7 phone)
- Holly Hill Hospital  
800-447-1800 (24/7 phone)
- Therapeutic Alternatives  
877-626-1772 (24/7 phone)
- UNC Health at Wakebrook  
984-974-4800 (24/7 phone)
- N.C. State Counseling Center  
919.515.2423 (24/7 phone)

### National 24/7 Emergency Hotlines

- 911
- Suicide Prevention Lifeline  
800-273-TALK (8255) OR you can also choose to chat online at <https://suicidepreventionlifeline.org/help-yourself/youth/>
- For child abuse  
1-800-4-A-CHILD | 1-800-422-4453
- National Human Trafficking Hotline  
888-373-7888
- SAMHSA – Substance Abuse and Mental Health National Hotline  
800-662-HELP (4357)
- LGBTQ Crisis Support (The Trevor Project)  
866 488-7386
- NEDA – National Eating Disorders Awareness  
800-931-2237 and text NEDA to 741741 to text a crisis counselor immediately