

MENTAL HEALTH & EMERGENCY RESOURCES

Suicide and Crisis Lifeline: call or text 988

Provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

<https://988lifeline.org/> (chat option available on website)

Our VOICE

Offers 24/7/365 support for victims of sexual assault and abuse, including crisis support, counseling, case management, and advocacy (medical, court).

Crisis Line: (828) 255-7576

35 Woodfin Street Asheville, NC 28801

Text VOICE or VOZ to 25511

ourvoicenc.org

The Trevor Project

Provides crisis counseling, information, and support to LGBTQ 24/7. Support is free, confidential, and secure for those struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

Call: 1-866-488-7386

Text START to 678-678

<https://www.thetrevorproject.org/get-help/> (chat option available on website)

Say Something

See it. Report it. Say Something is an anonymous reporting system that allows you to submit secure, anonymous safety concerns to help someone who may hurt themselves or others.

Call 24/7: 1-844-5-SayNow

Download the app: [Google Play](#) or [Apple Store](#)

Submit a tip through the [secure website](#) at saysomething.net

Mobile Crisis: 1-888-573-1006

Provides intensive, on-site response, stabilization and intervention for people of all ages who are experiencing a crisis due to mental health disturbances, developmental disabilities, or addiction. Their team of behavioral health professionals are available 24/7/365 to confidentially and safely stabilize the person at home, work, school or wherever in the community the crisis occurs.

C3356 Comprehensive Care Center

A one-stop treatment and resource center for mental health services, substance use/addiction recovery support, and support for individuals who have behavioral health needs and co-occurring developmental disabilities. Care offered 24/7/365.

356 Biltmore Avenue Asheville, NC 28801

1-800-848-0180

[C3356 website](#)

REPORTING

If you are the victim of, a witness of, or in danger of assault or violence, or are experiencing a mental health emergency:

If outside of school,
please tell a parent, a trusted adult, or one of the student emergency resources listed as quickly as possible.

If during school,
please tell a counselor, social worker, teacher, administrator, or any other trusted adult on campus as quickly as possible.

Many adults are "mandated reporters." What does this mean?

Mandated reporters are people in certain jobs, such as school staff, police, doctors, nurses, or therapists, who are required by law to report any suspicion of child abuse or neglect to authorities. These laws are in place to protect people under 18 from being harmed.

In school, counselors and social workers follow this rule:

What you say with us stays with us, EXCEPT if...

Someone is hurting you

You want to hurt someone

You want to hurt yourself

We have a suspicion that you or another student is being hurt by someone or wants to hurt themselves or others

Your safety is ALWAYS our top priority. We are here to listen to you, help you, and connect you to the appropriate resources and support.