

## NATIONAL SUICIDE PREVENTION

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



## SUICIDE WARNING SIGNS CHECKLIST

These signs from the checklist below may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Wants to die or to kill oneself
- Looks for a way to kill oneself, such as searching ways online or buying a gun
- Feels hopeless or has no reason to live
- Feels trapped or in unbearable pain
- Feels like a burden to others
- Increases the use of alcohol or drugs
- Acts anxious or agitated; behaving recklessly
- Sleeps too little or too much
- Withdraws or feeling isolated
- Shows rage or talks about seeking revenge
- Displays extreme mood swings

## TROUBLE COPING?

Symptoms or problems may come and go. It's important to know when to ask for help. Call the Lifeline if you or someone you know is experiencing any of the problems from the checklist below, especially if a problem makes it hard to get through the day or gets worse.

- Eats or sleeps too much or too little
- Pulls away from people and things
- Has low or no energy
- Feels numb or like nothing matters
- Complains about unexplained aches and pains
- Feels helpless or hopeless
- Smokes, drinks, or uses illicit/street drugs
- Feels unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Fights with family and friends
- Unable to get rid of troubling thoughts and memories
- Thinks of hurting or killing yourself or someone else
- Has trouble performing daily tasks including: showering, parenting, working or school

Information from [www.samhsa.org](http://www.samhsa.org)

**Suicide Is Preventable**

**Call the Lifeline at 1-800-273-TALK (8255)**

**With Help Comes Hope**

## AFTERCARE INSTRUCTIONS

### MENTAL HEALTH/SUBSTANCE USE:

#### WHERE TO START

- ♦ For a behavioral health crisis 24/7/365, contact **Mobile Crisis/Mobile Engagement Team at 1-866-275-9552 - they will come to you anytime!**
- ♦ **Cardinal Innovations Healthcare Access Line** for a licensed clinician 24/7/365 - **1-800-939-5911**
- ♦ **Facility Based Crisis** - evaluation/detox 24/7/365 & possible short term inpatient stay - **336-300-8826**
- ♦ If person receives an Enhanced Service (ACT, CST, IIH, MST, etc.) contact their team.

#### Additional Providers

<b>ARCA*</b> Inpatient detox 24/7 and treatment	336-784-9470
<b>Daymark</b> 725 N. Highland Ave. Walk-in M - F 8:00 AM - 3:00 PM <i>Can see psychiatrist same day, IVCs</i>	336-607-8523
<b>Insight Human Services</b> 655 W. 4th St. Outpatient & residential treatment Walk-in Mon & Fri 8:00 AM – 1:00 PM Wed 8:00 AM - 12:00 PM	336-725-8389
<b>Monarch</b> 4140 N. Cherry St. Walk-in M - F 8:00 AM - 3:00 PM Adults & adolescents	336-306-9620
<b>Novant Behavioral Health**</b> 175 Kimel Park Dr. Call ahead 8:00 AM - 11:00 PM daily	336-718-3550
<b>Old Vineyard*</b> 3637 Old Vineyard Rd. Inpatient detox or mental health 24/7	336-794-3550
<b>Wake Forest Psychiatry and Behavioral Medicine**</b> 791 Jonestown Rd. (Outpatient)	336-716-4551
<b>Comprehensive Fetal Care Center (Pregnancy &amp; Addiction)</b> 500 Shepherd Street, Suite 200	336-716-6893
Narcan/naloxone kit or clean injection supplies, <b>Twin City Harm Reduction 336-529-4492.</b>	

\*Based on bed availability

\*\*Offer Suboxone MAT

#### Universal Precautions (for EMS Refusals)

- ♦ You have not received a complete medical evaluation. See a physician as soon as possible.
- ♦ If you have taken any medication and you have trouble breathing, start wheezing, get hives or a rash, or have any unexpected reaction, call 9-1-1 immediately.
- ♦ If your symptoms worsen, you should see your doctor, go to an emergency department or call 9-1-1.

# CRISIS SUPPORT



IN CASE OF AN EMERGENCY,  
CALL 9-1-1

Mobile Integrated Health (MIH)  
336-703-CARE (2273) office  
7 days a week - 8:00 AM - 8:00 PM  
For urgent needs during these hours,  
call 336-727-2222 and ask for MIH



Forsyth County Opioid Task Force  
Partner

## BEHAVIORAL HEALTH

Behavioral health refers to mental/emotional well-being and/or actions that affect wellness. Behavioral health problems include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide, and mental disorders.

## MENTAL HEALTH

Mental disorders involve changes in thinking, mood, and/or behavior. These disorders can affect how we relate to others and make choices. Mental disorders take different forms, with some rooted in deep levels of anxiety, extreme changes in mood, or reduced ability to focus or behave appropriately. Others involve unwanted, intrusive thoughts and some may cause auditory and/or visual hallucinations or false beliefs about basic aspects of reality. A formal diagnosis often depends on a reduction in a person's ability to function as a result of the disorder.

## SUBSTANCE USE

Substance use disorders (SUDs) are defined as mild, moderate, or severe to indicate the level of severity. Substance use disorders occur when the recurrent use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. A SUD diagnosis is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.



## OPIOID OVERDOSE RISK FACTORS

- History of a substance use disorder
- History of mental health issues
- Opioid Use Disorder and release from jail, treatment or a hospital. Tolerance, the amount your body can handle, is lower due to lack of use.
- Inject opioids or use prescription opioids, especially at high doses
- Use opioids in combination with sedatives or stimulants. Sedatives slow your breathing even more. Stimulant effects wear off quickly, and the opioid can cause an overdose.
- Use opioids and have medical conditions including heart or bone infections.
- Household members where opioids (including prescription opioids) are accessible
- Lower socioeconomic class

**Drop boxes are available throughout the county to dispose of unused or old medications.**

## RECOGNIZE OPIOID OVERDOSE

Opioids include pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information will help you tell the difference. If you still can not tell the difference, it is best to treat the situation like an overdose – it could save someone's life. If you feel someone is getting too high, it is important that you **DO NOT leave them alone**. If the person is still conscious, walk them around, keep them awake, and monitor their breathing. **DO NOT LET THEM SLEEP IT OFF!**

If someone is making unfamiliar sounds while "sleeping", try to wake them up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

- Pupils may contract and appear small
- Loss of consciousness
- Muscles are slack and droopy; Body is very limp
- Scratch a lot due to itchy skin
- Speech may be slurred
- Vomiting
- They might be out of it, but can respond to outside stimulus like loud noise or a light shake from a friend
- Unresponsive to outside stimulus
- Awake, but unable to talk; They might "nod out"
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- For lighter skinned people, the skin tone turns bluish purple. For darker skinned people, skin turns grayish or ashen
- Breathing is very slow and shallow, erratic or has stopped
- Pulse (heartbeat) is slow, erratic or not there at all
- Choking sounds or a snore-like gurgling noise

**It is rare for someone to die instantly from an overdose. People survive because someone was there to respond. The most important thing is to act right away!**

**OVERDOSE?  
DON'T RUN  
CALL 911**

## WHAT IF I HAVE NO INSURANCE?

Cardinal Innovations Healthcare serves members through Medicaid, state and county-funded insurance plans. Cardinal Innovations incorporates a community-based model of care management, a network of highly-skilled providers and local support partners to improve the health and wellness of members. Call **1-800-939-5911** for support. You may qualify for services with no insurance.

## TAKE CARE OF YOURSELF

Forgetting to take good care of yourself can lead to a mental health or substance use crisis. Here are some suggestions to help you avoid triggering a crisis:

- **EAT** three meals a day that include healthy foods — fresh fruit and vegetables, whole grain foods and rich sources of protein (chicken and fish).
- Avoid foods that contain large amounts of sugar, caffeine and food additives.
- **GET** an adequate amount of **SLEEP** each night.
- **AVOID** drinking **ALCOHOL** or using street **DRUGS**.
- Spend time outside and exercising every day.
- Spend time each day doing something you enjoy.
- Spend time daily with people who make you feel good about yourself; avoid negative people.
- Have regular check-ups with a health care provider.



## STAYING WELL THROUGH SUPPORT

Building a strong support system is important. It is important to remember you have just as much value as anyone else and you deserve support, attention, respect and love. If you reach out to find people in the right places and give them the same kind of support, attention, respect, and love they give you, you will find that you have many strong supporters. **YOU can build supports!** Develop new friends and supporters by:

- Joining a community activity or special interest group
- Listening closely to others when they are sharing
- Volunteering OR Taking a course
- Going to sporting events, plays, concerts or movies
- Accepting others as they are

**Please see Family & Peer Support; Crisis/WRAP Plans section for phone numbers to resources.**

## CRISIS PLANNING & WELLNESS PLAN

Anyone who has ever had mental health difficulties needs to develop for themselves, while they are well, a crisis plan. This plan will allow you to maintain some degree of control over your life even when it feels like everything is out of control.

- Developing such a plan takes time.
- Work on it with family members or friends, your counselor, case manager- those comfortable to you.
- Keep a copy of your crisis plan with you and give a copy to your supporters
- Keep cell phone on person at all times (even if disconnected, it should call 9-1-1)

Criminal Justice	
Forsyth County D.A.'s Office	336-779-6310
NC Victim Assistance Network	1-919-831-2857
Legal Aid	336-725-9162
Probation/Parole	336-761-2437
Dental Clinics	
Community Care Center	336-723-7904
Forsyth County Public Health	336-703-3100
Rescue Mission Dental & Medical Clinic	336-723-1848
Domestic Violence Crisis Intervention/Resources	
Domestic Violence Crisis Line (local)	336-723-8125
<b>Safe on Seven (Domestic Violence)</b>	336-776-3255
Sexual Assault Response (local)	336-722-4457
Family, Peer (12 step) or Crisis Support	
AA/Alcoholics Anonymous 24/7	336-725-6031
Al-Anon Winston-Salem (Family Support)	336-723-1452
Drug Addicts Anonymous	336-406-3385
Green Tree Peer Center	336-577-3743
<b>Mental Health Association (MHA)</b>	<b>336-768-3880</b>
NA/Narcotics Anonymous -Twin City Area	800-365-1035
Nar-Anon (Family) carolina-naranon.org	800-477-6291
Novant -Sunday Support Group 2-4 PM	336-718-3550
Parents of Addicted Loved One Support	336-766-6375
SOLSTUS Support Group (OD Death)	336-789-2922
Financial Assistance	
Crisis Control Ministry	336-724-7453
Experiment in Self-Reliance	336-722-9400
Salvation Army	336-722-8721
Sunnyside Ministries	336-724-7558
Food Assistance	
Agape Care & Share Ministries	336-744-4004
Catholic Charities (Thursday)	336-727-0705
Centenary United Methodist	336-724-6311
Crisis Control Ministry	336-724-7453
Food Bank	336-784-5770
Rescue Mission Food Pantry	336-723-1848
Salvation Army	336-722-8721
Samaritan Ministries	336-748-1962
Sunnyside Ministries	336-724-7558
The Shalom Project	336-721-0606
Hospitals	
Forsyth Medical Center	336-718-5000
WFU Baptist Medical Center	336-716-2011
Novant Clemmons Medical Center	336-893-1000
Novant Kernersville Medical Center	336-564-4000
Medical Clinics	
Community Care Center (has LCAS)	336-723-7904
Downtown Health Plaza	336-713-9800
<b>Forsyth County Public Health</b>	<b>336-703-3100</b>
Health Care Access	336-723-6565
School Health Alliance	336-713-7188
Southside United Health Center	336-293-8728
The Shalom Project	336-721-0606

Mental Health and Substance Use/Addiction	
Addiction Recovery Care Assoc. (ARCA)	336-784-9470
<b>Cardinal Innovations</b>	<b>1-800-939-5911</b>
Center for Addiction Recovery (WFBMC)	336-716-4551
Daymark Recovery Services	336-607-8523
Insight Human Services	336-725-8389
Mental Health Consultation Clinic (School)	336-430-0952
<b>Mobile Crisis/Mobile Engagement</b>	<b>1-866-275-9552</b>
Monarch NC	336-306-9620
NC START (I/DD)	1-919-908-0952
Novant Behavioral Health	336-718-3550
National Suicide Prevention Line	1-800-273-8255
Old Vineyard - Ask for INTAKE	336-794-3550
<b>SAMHSA Treatment Referral Helpline</b>	<b>1-800-662-4357</b>
Other	
Child Abuse Prevention, SCAN/Exchange	336-748-9028
Dept. of Social Services /Forsyth Co. DSS	336-703-3899
FaithHealth NC	336-716-3027
Family Services, Inc	336-722-8173
Kiran - <i>people in crisis from Bangladesh, Bhutan, Burma, India, Nepal, Pakistan, Sri Lanka</i>	1-877-625-4726
Positive Wellness Alliance (HIV Care)	336-722-0976
PTRC - Ombudsman & Geriatric	336-904-0300
Social Security Administration	1-877-430-7672
WISH & NC Connects	336-725-7500
Prescription Assistance	
Crisis Control Ministry Pharmacy	336-724-7453
Medication Access & Review Program	919-527-6471
NC Med Assist	1-866-331-1348
NeedyMeds	Needymeds.com
Shelters & Homeless Resources	
AIDS Care Service	336-722-6494
Bethesda Center	336-722-9951
City with Dwellings-Community First Ctr.	336-790-9766
Community Intake Center	336-788-4965
Empowerment Project	336-448-2672
Eureka House	336-782-3075
Experiment in Self Reliance	336-722-9400
Family Services, Inc. (Domestic Violence)	336-723-8125
Greenest (furniture)	336-661-8091
Housing Authority of Winston-Salem	336-727-8500
Next Step Ministries (Domestic Violence)	336-413-5858
Prosperity Center	336-788-4965
Salvation Army (women & family)	336-722-8721
Samaritan Ministries (men only)	336-748-1962
W-S Rescue Mission (men only)	336-723-1848
Transportation	
Greyhound	336-724-1429
WSTA & TransAid	336-727-2000
Veterans	
Goodwill Veterans Outreach (Sandy)	336-724-3621
VA Medical Center - Kernersville	336-515-5000
VA Medical Center - Salisbury	1-800-706-9126
US Dept. of Veterans Affairs (Clemmons)	336-766-1496