



The Mental Health Association in Forsyth County, Inc.

1509 S. Hawthorne Road
Winston-Salem, North Carolina 27103
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f facebook.com/triadmentalhealth

HOW TO ACCESS MENTAL HEALTH SERVICES

If you are experiencing a mental health crisis:

- Mobile Crisis/Daymark Recovery Services: 1-866-275-9552 - 24/7
- Cardinal Innovations Healthcare: 1-800-939-5911 – 24/7
- Partners Health Management (effective 11/1/2021): 1-888-235-4673 – 24/7
- Dial 9-1-1 (Emergency – 24/7) 9-1-1 – 24/7
- National Suicide Prevention Hotline: 1-800-273-TALK (8255) - 24/7

Depending on your circumstances/needs, below are ways to access mental health services:

1. If you have private health insurance: You should find a toll-free number -- listed on the back of your health insurance card -- to access mental health services. *If in doubt*, call the Customer Services Number on your insurance card or log onto the insurance carrier's website to see if mental health coverage is offered in your plan.
2. If you have Medicaid OR are Uninsured: Call Cardinal Innovations Healthcare: 1-800-939-5911. Effective November 1, 2021, Call Partners Health Management: 1-888-235-4673 – 24/7
3. If you have Medicare, call the Medicare number: 1-800-633-4227 - OR - do the following online:
 - Log onto Medicare website: www.medicare.gov
 - Click “Find Care Providers”
 - In “Provider Type” box select “Doctors & Clinicians”
 - In “Name & Keyword” box type words such as: “Mental Health” or “Psychiatry” etc.
4. NC Health Choice: Call the Customer Services Number with Beacon Health Options, Behavioral Health – 1-800-753-3224 OR 1-800-367-6143.
5. Talk to your family doctor, primary care physician or to someone at your public medical clinic (e.g. Public Health Department) for possible referrals.
6. Contact the Mental Health Association in Forsyth County at (336) 768-3880 and ask for a listing of local mental health that offer services on a sliding scale/financial assistance fee.
7. Log onto the website, Psychology Today: www.psychologytoday.com Type in the city & state or your ZIP Code on the homepage. Use the tabs on the left-hand side of the page (ex. insurance, issues, age, treatment orientation, etc.) to assist/guide you.
8. Novant Behavioral Health Outpatient & Assessment Center: 336-718-3550. Call to schedule an appointment. Address: 175 Kimel Park Drive, Suite 100, Winston-Salem, NC 27103.
9. Veteran's Benefits: Call – 1-877-222-8387 Veteran's Crisis Line: 1-800-273-8255 (press 1)

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