

# 2021 NAMI Wilmington Resource Guide to Recovery Life Links



Photo by Loretta Schwartz-Nobel

*“Even the darkest night will end,  
and the sun will rise”*

*Victor Hugo – Les Miserables*

Are you or someone you love, living with a mental health condition, or co-occurring disorders? If so, you're not alone. We've been there. That's why we've put together a list of local resources to help you find your way. It's not intended to be an endorsement of any specific non-NAMI groups. So, whenever possible, check reviews and ratings before making your choices. It's also important to call before going since services, insurance coverage, and providers may change without notice. Providers who accept medicaid and who offer several services may be listed under more than one category. This is not a complete guide but it's a starting point, a road toward wellness, a path out of the darkness and into the light.

# Table of Contents

NAMI Organizations	pg. 4
1. Crisis Stabilization	pg. 5-6
2. Suicide and Grief Support	pg. 7-8
3. Hospitalization and Day Treatment	pg. 9-11
4. Domestic Violence Support	pg. 12-13
5. Substance abuse disorder and mental health services (Co-occurring Disorders)	pg. 14-16
6. Teen Support	pg. 17-18
7. Peer Support	pg. 19
8. Family Support	pg. 20-21
9. Disability Benefits and Support	pg. 22
10. Support for Veterans	pg. 23-24
11. Homelessness Shelters in Wilmington	pg. 25-27
12. Emergency Food Resources	pg. 28-30
Chart of Food Pantry and Food Kitchen hours	pg. 31
13. Mental Health Therapists Accepting Medicaid	pg. 32
14. Mental Health Law and Lawyers	pg. 33
15. NAMI Mental Health and Wellness Services	pg. 34-35
16. General Mental Health and Wellness Services etc.	pg. 36-37

## NAMI Organizations

NAMI (The National Alliance on Mental Illness) is a grassroots organization founded in 1979 that provides a wide range of **free services** for people living with mental illness and their families. [www.nami.org](http://www.nami.org)

NAMI State [www.naminc.org](http://www.naminc.org)

NAMI Wilmington is a local affiliate of NAMI.org. It provides free services for people living with mental health illness and their families. NAMI Wilmington provides support for recovery, local educational programs, advocacy for mental health and resources to peers and their loved ones in Wilmington and the surrounding area.

Visit

us at [www.NAMIwilmington.org](http://www.NAMIwilmington.org).

NAMI Helpline (800) 950-NAMI (6264). For crisis after 6pm text: NAMI 741741

For non-emergency help, call NAMI Wilmington's local warm line: (910) 772-3074

For NAMI Mental Health and Wellness Services including support groups see pages 34-35

For additions or corrections to this guide, email: [namiwilm@gmail.com](mailto:namiwilm@gmail.com)

## **1. Crisis Stabilization**

**For immediate emergency help call 911.** Whenever calling police during a crisis **be sure to ask for a Crisis Intervention Trained, (CIT) officer.** NAMI Wilmington supports a collaborative community based program which requires forty hours of special training for first responders in law enforcement to assist people in mental health and/or substance use disorder and other crises.

Mobile Crisis Team - RHA Health Services - Provides intensive on-site response to people experiencing a crisis due to mental health disturbances, suicidal ideation, developmental disabilities, or addiction. A mobile crisis team member will come to your location whenever and wherever needed. (844) 709-4097

Mobile Crisis Team - Integrated Family Services - Provides services for people in crisis including suicidal ideation, depression, delusional or psychotic symptoms. (866) 437-1821

Trillium Health Resources - A trained person answering the phone will connect you with services to address your situation.

<https://www.trilliumhealthresources.org/>

24-Hour Access to Care line (877) 685-2415

National Suicide Prevention Life Line - Speak to a live person specifically about suicide. Available 24/7. (800) 273-8255

National Crisis Text Line - 741741

NAMI Help Line - (800) 950-NAMI (6264). For crisis after 6pm text: NAMI 741741

Coastal Horizons Crisis Line/Open House - Crisis Intervention Services. Open House Emergency Youth Shelter and Residential Services. 615 Shipyard Blvd, Wilmington, NC, 28403. (910) 392-7408

Rape Crisis Center of Coastal Horizons Center - Provides victims of sexual assault with 24-hour crisis response, individual counseling, information, referrals, court advocacy, accompaniment and support groups for victims of sexual assault. 2250 Shipyard Blvd, Ste. 15, Wilmington, NC, 28403. (910) 392-7460

North Carolina Treatment Advocacy Center - Provides online general and state specific information on voluntary and involuntary commitments and patients' rights. The center documents the laws and standards in each state. 200 N. Glebe Rd, Suite 1801, Arlington, VA 22203. (703) 294-6001

## 2. Suicide and Grief Support

Dial 911 for immediate emergency help. Be sure to ask for a CIT trained officer. (see page 5)

National Suicide Prevention Life Line - Speak to a live person, specifically about suicide. Available 24/7.  
(800) 273-8255

Trillium Health Resources - A trained person answering the phone will connect you with services to address your situation.

<https://www.trilliumhealthresources.org/>

24-Hour Access to Care line (877) 685-2415

National Crisis Text Line - 741741

Survivors of Suicide/Touched by Suicide - Suicide prevention and support for survivors and families. Free monthly meetings - **No meetings currently scheduled due to pandemic.** First Baptist Activity Center, 1939 Independence Blvd. Wilmington, NC 28403.

<http://touchedbysuicidenc.weebly.com>

American Foundation for Suicide Prevention - Multiple services to prevent suicide and support survivors and families. Offers research, education, advocacy, and support. Chapters in all 50 states. Sponsors Out of Darkness walks. (919) 218-3730

<https://afsp.org/>

The Jason Foundation - For awareness and prevention of youth suicide. Provides information, tools and resources that can help identify at risk behavior. Multiple programs and services available. (615) 264-2323  
<https://jasonfoundation.com/>

Lower Cape Fear Life Care (Hospice) - A non-profit organization providing care and comfort to terminally ill people and grieving families as well as education to the community. 1414 Physicians Dr, Wilmington, NC, 28401. (910) 765-8758 <https://lifecare.org/>



### **3. Hospitalization and Day Treatment**

Brynn Marr Mental Health Center - Behavioral health services of inpatient treatment and residential programs for children, teens and adults struggling with an acute mental illness or substance use disorder. Walk-ins welcome. Medicaid for children through Trillium. 192 Village Dr, Jacksonville, NC, 28546. (910) 577-1400

Carolina Dunes - A 112-bed state-of-the-art mental health hospital for children, adolescents, and adults age 55 and older including those with co-occurring substance abuse. Medicaid accepted. 2050 Mercantile Drive, Leland, NC, 28451. (855) 537-2262

Delta Behavior Health Center - Assists people with psychological and substance related problems. Provides intensive out-patient services and partial hospitalization. Medicaid accepted. 1606 Physicians Drive, Suite 104, Wilmington, NC, 28401. (910) 343-6890

The Harbor Facility-Based Crisis & Detox Services - A 16-bed Facility-Based Crisis (FBC) center offers crisis stabilization, short-term mental health care and substance use detox services for the uninsured. Open 24/7. 2023-1 S. 17th St., Wilmington, NC, 28401. (910) 632-2191

A Helping Hand - Services include, comprehensive clinical assessments, substance abuse out-patient program, family therapy and recovery support. Medicaid accepted. 5013 Wrightsville Avenue, Wilmington, NC, 28403. (910) 796-6868  
<https://www.ahelpinghandofwilmington.com/>

Holly Hill Hospital - Provides specialized treatment programs for children, adolescents, adults and seniors experiencing psychiatric and addictive disorders. 201 Michael J. Smith Lane, Raleigh, NC, 27610.  
(919) 250-7600

New Hanover Regional Medical Center, Behavioral Health Hospital (NHRMC) - A psychiatric crisis stabilization hospital offering inpatient psychiatric programs for adults with mental health disorders, older adults and those with co-occurring substance abuse disorders. Medicaid through Trillium. 2131 S. 17th Street, Wilmington, NC, 28401. (910) 667-7787

Physician's Alliance for Mental Health - Intensive out-patient care with emphasis on helping patients become more independent by treating mental health and co-occurring disorders for children, adults, and families. Comprehensive Clinical Assessments and a range of care. Medicaid accepted. 3208 Oleander Dr. Wilmington, NC, 28403. (910) 794-3929

Pride in North Carolina Mental Health Services (PRIDE)

- Residential and community services to treat adults and youth with mental illness and other mental health needs in the least restrictive environment. Includes out-patient treatment, intense home therapy and medication management. Medicaid accepted. 5710 Oleander Dr. Suite 112 and 208, Wilmington, NC, 28403. (910) 452-1460

Wilmington Treatment Center - In-patient and out-patient addiction and rehab center and recovery hospital for addiction and co-occurring disorders. Medicaid not accepted. 2520 Troy Dr, Wilmington, NC, 28401. (910) 758-2023

North Carolina Treatment Advocacy Center - Provides online general and state specific information on voluntary and involuntary commitments and patients' rights. It documents the laws and standards in each state. 200 N. Glebe Rd, Suite 1801, Arlington, VA. (703) 294-6001

#### 4. Domestic Violence Support

Department of Social Services - Child Protective services strives to protect children from domestic violence, sexual abuse and neglect. They attempt to preserve the family unit wherever possible. 1650 Greenfield St, Wilmington, NC, 28401. (910) 798-3400

Domestic Violence Shelter and Services, Inc. - Emergency and support services for victims/survivors of domestic violence. Provides a large network of support services and several safe shelters for those seeking help and refuge from domestic violence. The Open Gate is the public center located at 2901 Market St, Wilmington, NC 28401. **Location is closed due to the pandemic.** But for emergency and support services call 24/7. (910) 343-0703

First Fruit Ministries - Provides safe housing for homeless women who are victims of human trafficking, women fleeing domestic violence and homelessness. Partners with MedNorth to offer medical care and other services. 2750 Vance St. Wilmington, NC, 28412. (910) 794-9656

Integrated Family Services - Provides services for people involved in domestic violence. 1-866-437-1821

Rape Crisis Center of Coastal Horizons Center - Provides victims of sexual assault with 24 hour crisis response, individual counseling, information and referrals. 2250 Shipyard Blvd, Ste.15, Wilmington, NC, 28403. (910) 392-7460

Safe Haven of Pender Inc. - A domestic violence service near Burgaw providing help for people dealing with domestic violence. 1411 US-117, St. Helena, NC 28425. 24/7 Hotline (910) 259-8989

A Safe Place - A local non-profit that focuses on prevention, advocacy and restoration to assist victims of commercial sexual exploitation and domestic sex trafficking. (855) 723-7529

## **5. Substance Abuse Disorder and Mental Health Services (Co-Occurring Disorders)**

**Alcoholics Anonymous** - A non-profit fellowship for recovering alcoholics. To get a meeting schedule, Google: “Wilmington AA Zoom meetings.” The Intergroup center is the communication center and exchange hub for over 80 groups with nearly 200 meetings each week in the Wilmington area. First Things First Fellowship Center, 5901 Wrightsville Ave, Wilmington, NC, 28403. (910) 794-1840.

**Carolina Dunes** - A 112-bed state-of-the-art mental health hospital for children, adolescents, and adults age 55 and older including those with substance abuse issues. Medicaid accepted. 2050 Mercantile Drive, Leland, NC 28451. (910) 371-2500

**Delta Behavioral Health** - A collection of independent practitioners offering a wide variety of mental health and substance related services including intensive out-patient and partial hospitalization. Medicaid accepted. 1606 Physicians Drive, Wilmington, NC, 28401. (910) 343-6890

**Disability Resource Center** - Non-residential support to and empower people with disabilities, mental health and substance abuse challenges to become independent. 5041 New Center Dr., Suite 210, Wilmington, NC, 28403. (910) 815-6618

A Helping Hand - Services include comprehensive clinical assessments, co-occurring disorders, substance abuse, out-patient therapy, family therapy and recovery support. Medicaid accepted. 5013 Wrightsville Ave, Wilmington, NC, 28403 and 324-R Village Rd, Leland, NC, 28451. (910) 796-6868

Narcotics Anonymous - A non-profit fellowship for recovering addicts. To get a meeting schedule Google “Narcotics Anonymous, Our meetings – Coastal Carolina Area.” Winter Park Presbyterian Church, 4501 Wrightsville Ave, Wilmington, NC. (910)791-5893  
For more information, call (800) 407-7195

Physician Alliance for Mental Health - Supports individuals with mental illness by providing day treatment, integrated services and co-occurring disorders. Medicaid accepted. 3208 Oleander Dr. Wilmington, NC 28403. (910) 794-3929

Port Health - Out-patient clinic offers treatment and medication management for children and adults with substance abuse and mental health issues. Medicaid accepted. Also offers residential housing for adults with primary substance abuse disorders and mental health problems - call for details. 2206A, Wrightsville Ave, Wilmington, NC 28403. (910) 763-6499

RHA Health Services - A multi-state company providing a comprehensive network of support for various disabilities including mobile crisis services for people with mental health needs and substance use challenges. Medicaid accepted. 1920 S. 16th St., Wilmington, NC, 28401. (910) 632-2191

Trillium Health Resources - An eastern North Carolina government agency for managed care. Provides access and oversight of services for individuals who receive Medicaid or state funding. Trillium connects people and families with organizations that can help them with mental health, co-occurring disorders and other problems. 3809 Shipyard Blvd, Wilmington, NC, 28403. (877) 685-2415

Wilmington Intergroup Association - Alcohol Treatment Program. To find a meeting near you call for more information from a live representative. 5901 Wrightsville Ave, Wilmington, NC, 28403. (910) 794-1840



## **6. Teen Support**

Coastal Horizons Center - The Open House Transitional Living Program (TLP). The TLP is a safe, stable housing program that provides supportive services to help young people, ages 16-21. Offers assistance with substance abuse, mental health, crisis intervention, family preservation, school health, and criminal justice. Medicaid accepted. 615 Shipyard Blvd, Wilmington, NC 28412. Out-patient treatment (910) 343-0145 or (910) 604-6375

Emergency housing for youth (6-18 yrs). For referrals 24/7 through Coastal Horizons call: (910) 392-7408

Wilmington Health for Teens (WHAT) - Primary medical, mental health, nutrition, and preventative services for ages 11-24. Medicaid accepted through Coastal Horizons. 4005 Oleander Dr. Wilmington, NC, 28412. (910) 790-9949

Intensive In Home Therapy of Coastal Horizons - Offers behavioral health treatment to stabilize youth who are at risk of out-of-home placement. Medicaid accepted. (910) 343-0145

RHA SHORE Program - Provides intensive out-patient support for ages 15-30 for those with schizophrenia spectrum that have experienced their first psychotic episode within 3 years of admission. Also offers peer support, supported education and employment services. 1920 S. 16<sup>th</sup> Street, Wilmington, NC. (910) 632-2191

Wilmington Pride Youth Group - Provides a safe place for LBTQIA from 12-18 who need support. For details check website or call: (910) 538-1393  
<https://www.frankharrfoundation.org/>

## **7. Peer Support** (Anyone living with mental illness)

NAMI Connections - A free weekly support group run by peers for people living with mental illness; meetings are currently held via ZOOM each Wednesday from 3:30 to 5:00 pm.

Go to *Zoom.us*

**Phone number-** 415 762 9988

**Login meeting ID:** 856 4149 0745

**Password:** 112069

Call (910) 772-3074 or check NAMI's website if you have any questions. <https://namiwilmington.org/>

Peer Recovery Resources - Peers provide free education, support and referrals for people with mental illness or co-occurring disorders. 20 N. Front Street, Wilmington, NC. (910) 769-7064

In Our Own Voice - NAMI sponsored life stories and presentations by people who are living with mental illness to promote peer and public awareness and reduce stigma. Free. Check NAMI's website for more information. <https://namiwilmington.org/>

Physician Alliance for Mental Health - Supports individuals with mental illness by providing day treatment, integrated services to include Peer Support Services and co-occurring disorders. Medicaid accepted. 3208 Oleander Dr, Wilmington, NC 28403. (910) 794-3929

## **8. Family Support**

NAMI Family Support Group - A free, confidential, stigma free, monthly meeting for the loved ones of people living with mental illness. Zoom meetings are held on the second Monday and last Wednesday of each month from 7:00 to 8:30 pm.

**Login meeting ID: 475 947 6229**

**Password: 725332**

Call (910) 772-3074 or check NAMI's website if you have any questions. <https://namiwilmington.org/>

Family to Family - A free 12-week course sponsored by NAMI Wilmington for families and caregivers on the clinical treatment of mental illness and strategies to cope with it within your own family. (910) 772-3074

NAMI Basics - A free six-week group education program for the families of children and teens who are living with mental illness. Provides strategies for care and recovery. (910) 772-3074

NAMI Homefront - A free educational program for families, caregivers and friends of veterans with mental health conditions. Contact the NAMINC website: <https://naminc.org> for more information.

Department of Social Services - Provides economic assistance to New Hanover County citizens with basic subsistence needs in cooperation with other public and private organizations to protect children, strengthen families and help families and individuals achieve self-sufficiency. 1650 Greenfield St, Wilmington, NC, 28401. (910) 798-3400

Al-Anon - Provides free help and hope for the family and loved ones of people with drinking problems. 1908 Lumina Station, Wilmington, NC, 28405. (910) 509-2380

Nar-Anon - A free twelve-step program for family and friends of addicts. Google: Nar-Anon.

PFLAG (Parents, Family, and Friends of Lesbians and Gays) - A free monthly advocacy meeting to support and educate family members, loved ones, and friends in the LGBTQ community. Log in on Facebook to PFLAG of Wilmington. 4925 Oriole Dr, Wilmington, NC, 28408. (252) 702-4864

## **9. Disability Benefits and Support**

Social Security Administration - Services include among others, Social Security applications, Medicare applications, Disability benefits, VA representation for appeals and VA disability issues. 1528 S. 16th St, Wilmington, NC, 28401. (800) 772-1213

Vocational Rehabilitation Services - Provides counseling, training, education, transportation, job placement, assistive technology and other support services to veterans and other people with disabilities. 3340 Jaeckle Dr # 201, Wilmington, NC, 28403. (910) 251-5710

## **10. Support for Veterans**

American Legion - Provides free guidance for veterans in need. 702 Pine Grove Dr, Wilmington, NC 28409. (910) 799-3806

Disabled American Veterans - 4601 Park Ave, Wilmington, NC, 28403. (910) 313-2190  
<https://www.dav.org>

NAMI Home-Front - A free educational program for families, caregivers and friends of veterans with mental health conditions. Contact the NAMINC website for more information. <https://naminc.org>

New Hanover County Veterans Services Office (NHCVS) - Assists veterans and eligible family members who apply for benefits through the Department of Veterans Affairs and other agencies. 230 Government Center Dr, Suite 36, Wilmington, NC, 28403. (910) 798-7611

Social Security Administration - Services include among others, Social Security applications, Medicare application, Disability benefits, VA representation for appeals and VA disability issues. 1528 S 16th St, Wilmington, NC, 28401. (800) 772-1213

Wilmington VA Health Care Center- Provides most hospital services but does not have an emergency department or urgent care clinic. 1705 Gardner Rd, Wilmington, NC, 28405. (910) 343-5300

Wilmington Veterans Service Center (NCDVA)- Services are provided free of charge and access to current federal, state, and local veterans' programs, entitlements, and referral services are available to veterans, military members and their families. 3205 Randall Pkwy, Wilmington NC, 28403. (910) 251-5704

Vietnam Veterans of America- 801 Princess St, Wilmington, NC, 28401. (910) 762-4288

Vocational Rehabilitation Services - provides counseling, training, education, transportation, job placement, assistive technology and other support services to veterans and other people with disabilities. 3340 Jaeckle Dr # 201, Wilmington, NC, 28403. (910) 251-5710



## **11. Homeless Shelters in Wilmington**

Emergency housing for youth (6-18 yrs). For referrals 24/7 through Coastal Horizons call: (910) 392-7408.

Cape Fear Council of Governments - Coordinated Entry Monday, Wednesday, Friday 10am-4pm. (910) 444-8315

Good Shepherd Center - Mission is to feed the hungry, shelter the homeless and provide transition to housing. The **night shelter** has 118 beds for homeless men, women and families. Many are working people unable to afford housing. Provides intensive support and food. The **day shelter** is a safe haven for the most fragile and chronically homeless, those with mental illness and/or physical disabilities. It provides multiple support services for people dealing with domestic violence, those with severe co-occurring disorder, and homeless veterans. 811 Martin St. Wilmington, NC, 28401. Call for detailed information. (910) 763-4424

Coastal Horizons Center- The Open House Transitional Living Program (TLP). The TLP is a safe, stable housing program that provides supportive services to help young people, ages 16-21 yrs. Offers assistance with substance abuse, mental health, crisis intervention, family preservation, school health, and criminal justice. Medicaid accepted. 615 Shipyard Blvd, Wilmington, NC, 28412. (910) 343-0145.

Family Promise of the Lower Cape Fear - provides emergency shelter to families facing a homeless crisis and transitional housing to families that are victims of domestic violence. The Harrelson Center, 20 N 4th St Suite 440, Wilmington, NC, 28401. (910) 769-4730  
<https://www.familypromiselowercapefearnc.org/>

First Fruit Ministries - Provides safe housing for homeless women who are victims of human trafficking, women fleeing domestic violence and homelessness. Partners with Med North to offer medical care. Outreach center all day Thursday 9:00am - 5:00pm offers laundry service, showers, tele-health visits with MedNorth, lunch and dinner. 2750 Vance St, Wilmington, NC, 28412.  
(910) 794-9656

The Hope Center - A day shelter offers food, clothing, and companionship. Only open Monday through Friday 9am to 11am. Also offers basic healthcare and advice on securing housing and employment. Located in the basement of the United Methodist Shelter, 409 S. 5th Ave, Wilmington, NC, 28401. (910) 399-4925

Rescue Mission of Cape Fear- Accommodates up to 16 men. Provides food, shelter, and clothing as well as daily chapel, prayer services and self-help groups. 502 Castle St, Wilmington, NC, 28401. (910) 343-0366

A Safe Place To Go - Assist victims of commercial sexual exploitation and domestic sex trafficking. Emergency shelter for adult women and children.  
(855) 723-7529

The Salvation Army - Provides up to 90 days of emergency shelter for men and women. Call for information and availability 7 days a week, 9am-3pm. 820 N. 2<sup>nd</sup> St, Wilmington, NC, 28401. (910) 363-0076

SECU Lakeside Reserve - Provides 40 units of affordable housing for chronically homeless adults with a disability. A 5 million dollar project in partnership with Good Shepherd. 2126 W. Lake Shore Dr., Wilmington, NC, 28401. (910) 763-4424

For more information on housing see:  
<https://capefearcog.org/continuum-of-care/> or  
The Harrelson Center: (910) 769-5357

For non-emergency:  
Cape Fear Council of Government - Coordinated Entry  
Monday, Wednesday, Friday 10am-4pm. (910) 444-8315

## **12. Emergency Food Resources**

Updated 2/5/2021. Check with the location for up to date information during this pandemic.

**Catholic Charities** - Welcomes individuals and families of all faiths. Helps with a large variety of services to the poor, the disadvantaged, and people with mental health issues. Harrelson Center, 20 N. 4<sup>th</sup> St. Wilmington NC, Call 910-251-8130 to schedule your pick up.

**First Fruit Ministry** - Focuses on supportive housing for homeless women and street outreaches including street feeding programs, food pantry service, outreach to home-bound widows, and a day shelter which provides medical care, emergency services, and housing referrals. Drive-thru food pantry Wednesday, 10am-2pm and Saturday, 11am-1pm at 2750 Vance St, Wilmington, NC. Street meals in the parking lot of St Paul's Lutheran Church, 12 N. 6th St, Wilmington, Wednesday and Sunday 6pm-9pm. (910) 794-9656

**Global River Church** - Thursday, 11am-1pm, drive through lunch pick-up, 4702 College Rd, Wilmington. (910) 392-2899

**Good Shepherd Center** - Serving the homeless including those with mental illness and or physical disabilities. An on-site medical clinic tends to primary, wound, and chronic health conditions. The Food Kitchen provides breakfast and lunch to the public plus dinner to the day shelter residents. 811 Martin St, Wilmington, NC 28401, Wed. 12pm–1pm during pandemic (910) 763-4424

Hawks Harvest (UNCW Food Pantry) - **Available to UNCW Students**. Thursday, 3:00-5:15pm. 4802 College Acres Dr, Wilmington. (910) 792-0507 to schedule pick up, if you can't make regular pantry hours

Liberty Food Pantry - Local food pantry run by Liberty Ministries. Open 1st and 3rd Mondays, 1:00-4:00. 7957 Market St. across from Aldi in Porters Neck. (910) 686-0176  
<https://www.facebook.com/libertyfoodpantry/>

Mother Hubbard's Cupboard - People with stoves receive a 3-5 day supply of groceries. Those without receive a smaller bag. Open on Wednesdays and Saturdays from 12:30pm-3pm as volunteers are available. 315 Red Cross St, Wilmington, NC, 28402. (910) 762- 2199 <http://www.motherhubbardsnc.org/>

Nourish NC - Offers food for children who need food over the weekend and provide meal boxes for kids when there is a school break. A free, grab and go breakfast and lunch, available for pick up at 20 locations or can be ordered online and will be delivered to bus stops throughout the county. 910-465-0995  
You can learn more, order online, and find the various locations for grab and go pick-up or delivery here:  
<https://nhcschildnutrition.com/>

The Salvation Army Cape Fear Region Food Pantry and Soup Kitchen - Provides food and clothing for people in need. Food boxes distributed Monday through Friday 9am - 2pm. Soup kitchen from 6pm- 6:30pm. 820 North 2nd Street, Wilmington, NC, 28402. (910) 762-7354.

Sister Isaac Center- Curbside pickup by appointment only. Call and leave a message. (910)782-4021

Straightway Ministries Church of the Living God - Provides a food pantry with ID. Pantry hours: 3pm-6pm Thursday. 3705 US HWY 421 N, Wilmington, NC, 28401. (910) 371-0111

Vigilant Hope - 8:30am Breakfast (Bagged to-go meals). Monday & Saturday, Lake Forest Baptist Church, 1626 Lake Branch Dr, Wilmington, NC, 28401. Check site for shower trailer schedule.

<https://vigilanthope.com/donation-needs/updated-schedule>

Wrightsboro United Methodist Church Food Pantry - Wednesday 8:30am-10am & Thursday 4:30pm-5:30pm. 3300 N. Kerr Ave, Wilmington, NC, 28405. (910) 762-2583

Also check:

<https://www.capefearfoodcouncil.com/>

<https://capefearcog.org/continuum-of-care/>

**The following chart gives some of the local food**

**pantry and food kitchen schedules as of 2/5/2021.  
Please call first as schedules may change.**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Liberty 1-4 On 1st and 3rd Mondays  Salvation Army 9-2  Vigilant Hope 8:30	Salvation Army 9-2  Vigilant Hope 8:30	First Fruit 10-2  Salvation Army 9-2  Vigilant Hope 8:30  Wrightsboro 8:30-10	Salvation Army 9-2  Vigilant Hope 8:30	Salvation Army 9-2  Vigilant Hope 8:30	First Fruit 11-1    Vigilant Hope 8:30
	Salvation Army 9-2	Salvation Army 9-2	First Fruit 10-2  GoodShepherd 12-1  MotherHubbard 12:30-3  Salvation Army 9-2	Global River 11-1  Salvation Army 9-2  UNCW Students 3-5:15	Salvation Army 9-2	Mother Hubbard 12:30-3
First Fruit 6-9	Salvation Army Soup Kitchen 6-6:30	Salvation Army Soup Kitchen 6-6:30	First Fruit 6-9  Salvation Army Soup Kitchen 6-6:30	Salvation Army Soup Kitchen 6-6:30  Straightway 3-6  Wrightsboro 4:30-5:30	Salvation Army Soup Kitchen 6-6:30	

### **13. Mental Health Therapists Accepting Medicaid**

Call Trillium for provider information. (866) 998-2597

Click below to find a provider that accepts medicaid.

<https://ncmedicaidplans.gov/enroll/online/find/find-provider>

Click below to find a provider that accepts medicare.

<https://www.medicare.gov/coverage/mental-health-care-outpatient>

For other insurance carriers and additional providers go

to: <https://www.psychologytoday.com/us/therapists>

Include your ZIP code. You can also filter for specific insurance carriers and mental health diagnosis and needs.



## **14. Mental Health Law and Lawyers**

North Carolina Treatment Advocacy Center - Provides online general and state specific information on voluntary and involuntary commitments and patients' rights. It documents the laws and standards in each state. 200 N. Glebe Rd, Suite 1801, Arlington, VA, 22203. (703) 294-6001

Here are suggested internet searches depending on your particular need:

Criminal lawyer or criminal attorney

Disability lawyer or disability attorney

Family and estate planning lawyer or attorney

Social security disability lawyer or attorney  
or social security disability advocate

## **15. NAMI Mental Health and Wellness Support Services**

All NAMI classes and support groups are FREE.  
Some groups are meeting online during COVID restrictions.

Please check the NAMI website for more information

<https://namiwilmington.org/>

**Call (910) 772-3074 if you have any questions.**

**NAMI Basics** - A free six-week group education program for the families of children and teens who are living with mental illness. It provides strategies for care and recovery. (910) 772-3074

**NAMI on Campus** - A student-run organization on the UNCW campus and Cape Fear Community College campus offering education advocacy, mental health support, and freedom from stigma. Log in to connect or visit NAMI on Campus on Facebook.

**NAMI Connections** - A weekly confidential support group run by **peers** for people living with mental illness; virtual meetings held each Wednesday 3:30pm-5pm via ZOOM.

**Go to *Zoom.us***

**Phone number- 415 762 9988**

**ID number - 856 4149 0745**

**Password - 112069**

NAMI Homefront - A free educational program for families, caregivers and friends of veterans with mental health conditions. Contact the NAMINC website: <https://naminc.org> for more information.

NAMI Family Support Group- A stigma free, confidential monthly meeting for the loved ones of people living with mental illness. Virtual meetings are held on the second Monday of each month and the last Wednesday from 7pm-8:30pm via ZOOM.

**Go to *Zoom.us***

**Login meeting ID: 475 947 6229**

**Password: 725332**

Family to Family - A free 8-week course sponsored by NAMI for families and caregivers on the clinical treatment of mental illness and strategies to cope with it within your own family. (910) 772-3074

In Our Own Voice - NAMI sponsored life stories and presentations by people who are living with mental illness to promote peer and public awareness and reduce stigma. Free. Check the NAMINC website: <https://naminc.org/> for more information.

NAMI Wilmington Walk for Awareness - Our annual fundraiser, is held each October during Mental Awareness Week. Volunteers welcome. (910) 772-3074

## **16. General Mental Health, Wellness Services, etc:**

Coastal Horizons Center - 615 Shipyard Blvd,  
Wilmington, NC. (910) 343-0145  
Rape Crisis Center: (910) 392-7460,  
Substance Abuse Services: (910) 343-0145, counseling,  
Outpatient treatment (910) 343-0145 or (910) 604-6375  
Emergency housing for youth (6-18yrs). For referrals 24/7  
through Coastal Horizons call: (910) 392-7408.

Crisis Intervention Training (CIT) is a 40-hour  
program locally sponsored by Trillium for emergency  
first responders. NAMI Wilmington members  
participate in a portion of the training. If you have any  
questions Chuck and Janice Eldridge.  
[wcejjan@gmail.com](mailto:wcejjan@gmail.com), (856) 287-2845

A Helping Hand of Wilmington - Health disorder  
services for the whole family at the office or your home.  
Medication management, crisis response, and  
co-occurring disorders. 24/7. Links to other community  
partners. Medicaid accepted. 5013 Wrightsville Ave,  
Wilmington, NC, 28403 and 324-R Village Rd, Leland,  
NC, 28451. 24/7 (910) 796-6868  
<https://www.ahelpinghandofwilmington.com>

Horizon Wellness Services - Specializes in treating individuals, couples and families through therapy. Medicaid accepted. 108 Giles Ave, Ste.102, Wilmington, NC, 28403. (910) 769-9691

LGBTQIA Resources - UNCW Wilmington. A resource office for support and a guide to many local community services. Fisher University Union, (910) 962-2114

Physician Alliance for Mental Health - Supports individuals with mental illness by providing day treatment, integrated services to include Peer Support Services and co-occurring disorders. Medicaid accepted. 3208 Oleander Dr, Wilmington, NC 28403. (910) 794-3929

RHA Health Services - Support for various disabilities including services for people with mental health needs and substance use challenges. Medicaid accepted. 1920 S. 16th St., Wilmington, NC, 28401. (910) 632-2191

RHA SHORE Program - (910) 632-2191

Mobile Crisis Team (RHA)- (844) 709-4097

Trillium Health Resource - An eastern North Carolina Government agency for managed care. Provides access and oversight of services for individuals who receive Medicaid or State funding. Trillium connects people and families with organizations that can help them with mental health, co-occurring disorders and other problems by assisting with managing their care. 3809 Shipyard Blvd, Wilmington NC, 28403. (877) 685-2415

*If you have questions or concerns visit one of our NAMI support groups for guidance. We may be able to help you locate the best providers for your specific needs. Remember, never give up hope. Your illness was not a choice but your path to recovery is.*



<https://namiwilmington.org/>

<https://www.facebook.com/NAMIWilmington/>

[namiwilm@gmail.com](mailto:namiwilm@gmail.com)

NAMI Wilmington: 910-772-3074