



## MU COMMUNITY RESOURCES

**THE WELL:** (910) 630-7164, M-F, 8:00 AM – 5:00 PM

**University Police:** (910) 630-7577, after-hours help.

**University Chaplain:** (910) 630-7515

### MENTAL HEALTH EMERGENCIES

- **National Suicide Prevention Lifeline 9-8-8:** Call or text 9-8-8. [988Lifeline.org](https://988lifeline.org). Online chat available. For TTY users, use your preferred relay service or dial 7-1-1 then 9-8-8. For help in Spanish call 1-888-628-9454.
- **HopeLine NC:** 1-877-235-4525. Call or Text 1-919-231-4525. [Hopeline.org](https://hopeline.org). Crisis Line is available 24/7. The text line is open Monday-Friday from 3pm to 9pm.
- **Crisis Text Line:** Text HOME to 741741. [www.CrisisTextLine.org](https://www.crisistextline.org). 24/7 text support with a trained crisis counselor.

### CHILDREN AND FAMILIES

- **Partnership for Children and Families of Cumberland County:** 910-714-5111. 351 Wagoner Dr STE 200, Fayetteville, NC 28303. Provides resources and programs that empower families. <https://ccpfc.org>.
- **Childhelp National Child Abuse Hotline:** 1-800-422-4453. [www.childhelp.org](https://www.childhelp.org)

### DOMESTIC VIOLENCE & SEXUAL ASSAULT

- **National Domestic Violence Hotline:** 1-800-799-7233. [www.thehotline.org](https://www.thehotline.org)
- **RAINN (Rape, Abuse & Incest National Network):** 1-800-656-4673. [www.rainn.org](https://www.rainn.org)
- **Victim Connect:** 1-855-484-2846. [www.victimconnect.org](https://www.victimconnect.org). Confidential referrals for crime victims to learn about their rights and obtain resources.
- **Love is Respect:** 1-866-331-9474. Text LOVEIS to 22522. Webchat. [Loveisrespect.org](https://loveisrespect.org). Provides information on maintaining healthy intimate relationships.
- **Women's Law:** (800) 799-7233. <https://hotline.womenslaw.org/public>. Provides an email hotline service for basic legal information, referrals, questions, concerns and emotional support for domestic violence, sexual assault, and stalking.

### FOOD, CLOTHING, HOUSING, BASIC NEEDS

- **Lion's Share Food Pantry:** The Lion's Share Food Pantry is in the Matthews Ministry Center. To access, visit the Religious Life Offices located in the Campus Ministry Suite, just inside the entrance from the Quad side of the Matthews Ministry Center. Open for distribution Monday – Friday 8 AM -5 PM. Closed on Wednesdays 10AM -12 Noon.

- **United Way 2-1-1 North Carolina:** Call 2-1-1 to speak with an operator about your needs to receive information on available resources in your area. You can also search online for resources to meet basic needs at <https://NC211.org>.
- **NC Housing Search:** A free service to list and find housing in North Carolina. For help, please call 1-877-428-8844 (toll free) Monday-Friday, 9:00 a.m. - 8:00 p.m. Dial 7-1-1 for TTY. Dial 2-1-1 if you are in a housing crisis. <https://nchousingsearch.com>.
- **North Carolina Coordinated Entry - Cumberland County:** 1-844-401-4673 (HOPE). Monday-Friday 9:00 am – 5:00 pm. Provides housing support services and shelter referrals. <https://Fayccco.org/housing>
- **St. Paul’s Full Gospel Food Pantry:** 910-486-0202. 602 Mann Street, Fayetteville, NC. Wed 10:30am - 2:00pm; Open to all, no fees, walk-in with photo ID.
- **Holy Trinity Episcopal Church Food Pantry:** 910-484-2134. 1601 Raeford Road, Fayetteville, NC 28305. Mon 11:00am - 1:00pm; Tue 11:00am - 1:00pm; Wed 11:00am - 1:00pm; Thu 11:00am - 1:00pm; Open to all, no fees, walk-in with Photo ID.

## HEALTH RESOURCES

- **The Well:** 910-630-7164. Provides health and counseling services to students at Methodist University. Located inside West Hall, just southeast of Nimocks Fitness Center. Regular hours are M, T, Th, F: 8:00am-5:00pm, and W: 1:00pm-5:00pm. [Methodist.edu/life-at-mu/health-wellness/the-well/](http://Methodist.edu/life-at-mu/health-wellness/the-well/)
- **Cumberland County Public Health Department:** 910-433-3600. 1235 Ramsey St, Fayetteville.
- **Planned Parenthood of Fayetteville:** 866-942-7762. 4551 Yadkin Rd, Fayetteville. Provides affordable family planning and sexual health care for individuals with or without insurance. [www.plannedparenthood.org/health-center/north-carolina/fayetteville/](http://www.plannedparenthood.org/health-center/north-carolina/fayetteville/)
- **NC Department of Health and Human Services:** 1-800-662-7030. Provides public health information and services, Aging and Adult services, as well as Medicaid and Disability services. [www.ncdhhs.gov/contact/hotlines](http://www.ncdhhs.gov/contact/hotlines)

## LGBT RESOURCES

- **LGBT National Help Center:** 1-888-688-5428. National Coming Out Support Hotline. Free and confidential peer support, information, local resources, and online programs. <https://glnh.org>
- **The Network La Red:** 1-800-832-1901(toll free). 1-617-742-4911 (voice). [www.tnlr.org](http://www.tnlr.org). LGBTQ community-based organization led by survivors to end partner abuse.
- **Trevor Lifeline:** 1-866-488-7386. Text START to 678-678. [www.thetrevorproject.org](http://www.thetrevorproject.org). 24/7 hotline, text-line, and online chat; provides crisis intervention and suicide prevention services for LGBTQ youth ages 13–24, as well as free online educational modules.
- **Fayetteville Pride:** 200 Mason Street, Fayetteville, NC 28301 / <https://fayettevillepride.org>

## MENTAL HEALTH SUPPORT

- **The Well:** 910-630-7164. Provides health and counseling services to students at Methodist University. Located inside West Hall, just southeast of Nimocks Fitness Center. Regular hours are M, T, Th, F: 8:00am-5:00pm, and W: 1:00pm-5:00pm. [Methodist.edu/life-at-mu/health-wellness/the-well/](https://methodist.edu/life-at-mu/health-wellness/the-well/)
- **Cape Fear Valley Employee Assistance Program:** (910) 615-1733. 101 Robeson Street, Suite 310, Fayetteville. Provides counseling services to faculty and staff employed at Methodist University.
- **NAMI of Cumberland County:** Provides mental health resources, family support groups, and community events to raise awareness about mental health. Call or text 910-223-5244. <https://namichl.org/>
- **Schizophrenia & Psychosis Action Alliance (S&PAA):** 1-800-493-2094. [www.sczaction.org](http://www.sczaction.org)
- **Depression & Bipolar Support Alliance (DBSA):** 1-800-826-3632. [www.dbsalliance.org](http://www.dbsalliance.org)
- **The Steve Fund:** Text STEVE to 741741. [Stevefund.org](http://Stevefund.org). Promoting mental health and well-being of students of color.
- **Therapy for Black Men:** 1-646-780-8278. [Therapyforblackmen.org](http://Therapyforblackmen.org). Break the stigma that asking for help is a sign of weakness with judgment-free, multiculturally-competent care for Black men.
- **Therapy for Black Girls:** Text TRIBE to 741741. [Therapyforblackgirls.com](http://Therapyforblackgirls.com). Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.
- **Triangle Survivors of Suicide:** 919-946-0112. Triangle SOS provides support group meetings every Thursday evening, 6:30pm-8pm; and hybrid/Zoom meetings on the 1st Thursday meeting every month. [www.trianglesos.org/](http://www.trianglesos.org/)

## SUBSTANCE USE

- **MU Collegiate Recovery Program (CRP):** Provides a variety of support groups, including weekly SMART recovery meetings, and designated space in Pearce Hall for students in recovery to socialize and engage in fun activities. Regular hours are 8 a.m. to 8 p.m. Monday- Friday, and 8 a.m. until 1 p.m. on Saturdays. [Methodist.edu/life-at-mu/health-wellness/crp/](https://Methodist.edu/life-at-mu/health-wellness/crp/)
- **SAMHSA's National Helpline:** 1-800-662-4357 (HELP). <https://samhsa.gov/find-help/national-helpline>. 24/7 treatment referral and information for individuals dealing with mental and/or substance use disorders. TTY users: 1-800-487-4889.
- **National Rehab Hotline:** 1-866-210-1303. <https://nationalrehabhotline.org>. Free, 24/7 help for anyone struggling with substance use or mental health crisis.
- **Alcohol/Drug Council of NC:** 1-800-688-4232. <https://alcoholdrughelp.org>. Provides support for people with substance use and mental health disorders. Embraces all pathways to recovery and healing.

## TEEN RESOURCES

- **Teen Line:** 1-800-852-8336. Text TEEN to 839863. [Teenlineonline.org](https://www.teenlineonline.org)
- **National Runaway Safeline:** 1-800-RUNAWAY. [www.1800runaway.org](https://www.1800runaway.org). 24-hour confidential crisis and resource line for at-risk teens considering running away from home.

## VETERAN RESOURCES

- **Veterans Crisis Line:** Dial 9-8-8 then press 1. Text 838255. [Veteranscrisisline.net](https://www.veteranscrisisline.net). Free, confidential support 24/7, 365 days a year.
- **Veteran Call Center:** 1-877-WAR-VETS (927-8387). [Vetcenter.va.gov/media/Call-Center-PSA.asp](https://www.vetcenter.va.gov/media/Call-Center-PSA.asp). An around-the-clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing.
- **TAPS Suicide Loss Survivor Assistance:** 1-800-959-8277. [www.taps.org](https://www.taps.org). Tragedy Assistance Program for Survivors (TAPS) provides support to family members who have lost loved ones to suicide through postvention to prevent family members from experiencing mental health crises.