

Getting Help for a Behavioral Health Crisis

Regional Walk-in Centers

Daymark- Alleghany Center
1650 Highway 18 South –Sparta, NC 28675
(336)- 372-4095
Current hours: Monday-Friday, 8 a.m.-5 p.m.

Daymark- Ashe Center
221 West Main Street—Jefferson, NC 28640
(336)- 733-5889
Current hours: Monday-Friday, 8 a.m.-5 p.m.

Daymark- Avery Center
360 Beech Street- Newland, NC 28657
(828)-733-5889
Current hours: Monday-Friday, 8 a.m.-8 p.m.

Daymark- Watauga Center
132 Poplar Grove Connector—Boone, NC
28607
(828)-264- 8759
Current hours: Monday-Friday, 8 a.m.-5 p.m.

Daymark- Wilkes Center
1430 Willow Lane—North Wilkesboro, NC
28659
(336) 667-5151
Current hours: Monday-Friday, 8 a.m.-8 p.m.

Emergency Resources

For life threatening emergencies, call
911

Mobile Crisis Management Team
for Alleghany, Ashe, Avery, Watauga and
Wilkes:
1-877-492-2785

Smoky Mountain LME/MCO Access Team:
1-800-849-6127
(TTY: 1-800-855-2280)

Smoky Mountain LME/MCO
895 State Farm Road, Suite 507
Boone, NC 28607
(828) 265-5315

www.smokymountaincenter.com

Mobile Crisis Services
Alleghany, Ashe, Avery, Watauga, and Wilkes Counties
1-877-492-2785



Created by the Watauga County Behavior Health Task Force and the Innovative Approaches Initiative through the Appalachian District Health Department.
This initiative is supported by the Division of Public Health, Children and Youth Branch.



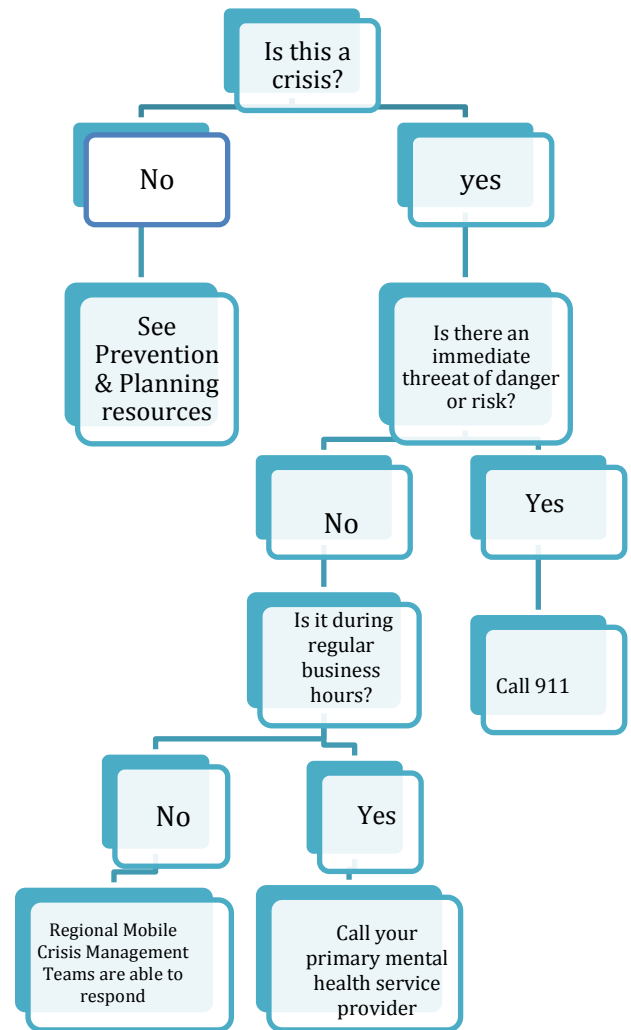
Getting Help for a Behavioral Health Crisis

What is a behavioral health crisis?

A behavioral health crisis exists when a person shows symptoms of severe mental illness such as: suicidal, homicidal, or other violent thoughts or actions, psychosis (partial or complete loss of the ability to know what is real and what is not), and the inability to provide basic self-care.

Prevention and Planning Resources

- Keep your treatment appointments
- Follow your doctor's orders for safely taking your medications
- Seek help if you experience a problem. Contact your service provider, or visit a walk-in center.
- Use your Wellness Recovery Action Plan. Your Wrap helps you identify steps to maintain wellness. Contact your service provider to find out about upcoming WRAP classes, or call Smoky Mountain LME/MCO's Consumer and Family Support Team at 1-888-6172 for information.
- Keep contact information for people who can support you.
- Work with your service provider or care coordinator (if you have one) to create a crisis plan.
- Advance Directives provide instructions for when you are in a crisis and cannot communicate for yourself or make decisions. Contact your service provider, care coordinator (if you have one), or attorney for information about Advance Directives.



Mobile Crisis Services
Alleghany, Ashe, Avery, Watauga, and Wilkes Counties
1-877-492-2785