**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

VAYA Health 24 Hour Service Line:

1-800-849-6127

(TTY: 1-800-855-2280)

VAYA Health

(formerly Smoky Mountain Center)

895 State Farm Road, Suite 507

Boone, NC 28607

(828) 265-5315

<http://vayahealth.com/>

# Mobile Crisis Services

**Alleghany, Ashe, Avery, Watauga, and Wilkes Counties 1-877-492-2785**

**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.

Is this a crisis?

No

yes

See Prevention

& Planning resources

Is there an immediate threeat of danger or risk?

No

Yes

Is it during

regular business hours?

Call 911

No

Yes

Regional Mobile

Crisis Management Teams are able to respond

Call your

primary mental health service provider

# Mobile Crisis Services

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