



## The Mental Health Association in Forsyth County, Inc.

1509 S. Hawthorne Road  
Winston-Salem, North Carolina 27103  
Phone 336-768-3880 ♦ Fax 336-768-3505 ♦ [www.triadmh.org](http://www.triadmh.org)  
♦ [facebook.com/triadmh](https://www.facebook.com/triadmh)

### HOW TO ACCESS MENTAL HEALTH SERVICES

#### If you are experiencing a mental health crisis:

- Daymark's Mobile Crisis/Engagement Services: 1-866-275-9552 - 24/7
- Partners Health Management: 1-888-235-4673 – 24/7
- Dial 9-1-1 (Emergency – 24/7) 9-1-1 – 24/7
- 988 Suicide & Crisis Lifeline: 9-8-8 – 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 Partners Health Management: 1-888-235-4673 – 24/7 TTY: 1-800-735-2962 (English); 1-888-825-6570 (Spanish). Partners serves the residents – those uninsured or have Medicaid – of Forsyth, Davie, Yadkin, Surry, etc. If you do not live in Forsyth County, NC, call us at 336-768-3880 and we can direct you to the correct organization.
3. If you have Medicare, call the Medicare number: 1-800-633-4227 - OR - do the following online:
  - Log onto Medicare's website: [medicare.gov](http://medicare.gov)
  - Look for link/prompt on their website such as "Providers and Services"
  - Look for "Find Care Providers"
  - Type in the "Key Words" box: psychiatry, therapists, 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](http://www.psychologytoday.com) Type in the city/state or your ZIP Code. Use the tabs on the homepage (ex. insurance, issues, types of therapy, etc.) to 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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