



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

1509 S. Hawthorne Road  
Winston-Salem, NC 27103

Phone: 336-768-3880 ♦ Fax: 768-3505 ♦ [www.triadmentalhealth.org](http://www.triadmentalhealth.org)  
♦ [facebook.com/triadmentalhealth](https://www.facebook.com/triadmentalhealth)

### HOW TO ACCESS MENTAL HEALTH SERVICES

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

- Mobile Crisis/Daymark Recovery Services: 1-866-275-9552 - 24/7
- Cardinal Innovations Healthcare: 1-800-939-5911 – 24/7
- Dial 9-1-1 (Emergency – 24/7) 9-1-1 – 24/7
- National Suicide Prevention Hotline: 1-800-273-TALK (8255) - 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 telephone number listed on your health insurance card – either in the front of the card or in the back of the card -- to access mental health services. Call that number to receive an authorization for your first appointment. *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 Cardinal Innovations Healthcare: 1-800-939-5911.
3. If you have Medicare, call the Medicare number: 1-800-633-4227 - OR - do the following online:
  - Log onto Medicare website: [www.medicare.gov](http://www.medicare.gov)
  - Click link on left-hand side of home page: "Find doctors & other health professionals."
  - Type in your ZIP Code or City & State in the "Location Box" and type in a key word(s) (ex., mental health, psychiatrist, therapist, counselor) in the "What are you Looking For?" box.
4. Talk to your family doctor, primary care physician or to someone at your public medical clinic (e.g. Public Health Department) for possible referrals.
5. Contact the Mental Health Association in Forsyth County at (336) 768-3880 and ask for a listing of local mental health providers in the private sector and/or those providers that offer services on a sliding scale/financial assistance fee.
6. Log onto the website, Psychology Today: [www.psychologytoday.com](http://www.psychologytoday.com) to help you find a mental health provider. Type in the city & state or your ZIP Code on the homepage. Then, use the tabs on the left-hand side of the page (ex. insurance, issues, age, treatment orientation, etc.) to assist you.
7. 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.
8. Veteran's Benefits: Call – 1-877-222-8387 Veteran's Crisis Line: 1-800-273-8255 (press 1)

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