

COVID-19 (CORONAVIRUS) N.C. DASHBOARD

Click on the "COVID-19 (Coronavirus) N.C. Dashboard" image above to access the N.C. COVID-19 Dashboard.

Sign up for COVID-19 Text alerts to your mobile device!
Text **COVIDNC** to **898211**.

NC 2-1-1 is now available 24/7 as a resource for assistance related to COVID-19. Dial 2-1-1 to get connected to resources in your community.
<https://www.ncdhhs.gov/news/press-releases/nc-2-1-1-provide-assistance-covid-19>

Text **FOODNC** to **877-877** to locate nearby free meal sites. The texting service is also available in Spanish by texting **COMIDA** to **877-877**.

For questions, please contact the COVID-19 Hotline at **866-462-3821** or email BHIDD.COVID.Qs@dhhs.nc.gov.
[Click here and submit your COVID-19 questions for BH/IDD.](#)

NCDHHS continues to work to ensure the health and safety of all North Carolinians. Click on this link to learn more about the efforts underway in response to the COVID-19 pandemic.
<https://covid19.ncdhhs.gov/>

NCDHHS- DMH/DD/SAS has launched a website for guidance and resources for Behavioral Health and IDD during COVID-19.
<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/covid-19-and-behavioral>

El Futuro: ¡Nuestras puertas virtuales permanecen abiertas! El Futuro está aceptando nuevos pacientes y nuevas referencias para terapia, psiquiatría, tratamiento de uso de sustancias y servicios de DWI.

Our virtual doors remain open! El Futuro is accepting new patients and new referrals for therapy, psychiatry, substance use treatment, and DWI services.

Visit El Futuro online at <https://elfuturo-nc.org/> or call 919-688-7101 ext. 600

CRISIS INFORMATION

If you or someone you know is in crisis

CALL 911 if this is a medical or life-threatening emergency. If you need the police, ask for a CIT officer. They have received extra training on handling these situations.

CALL Customer Service & Community Rights at 1-855-262-1946 or **984-236-5300**.

National Disaster Distress Helpline 1-800-985-5990 or text 'TalkWithUs' to 66746

National Suicide Prevention Lifeline 1-800-273-8255, Veterans Press 1, or Chat online at <http://www.suicidepreventionlifeline.org/>

National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800+787-3224

The Trevor Project (LGBTQ Youth) 1-866-488-7386 or TrevorChat confidential online instant messaging with a Trevor Counselor, text START to 678678.

El programa Hope 4 NC (Esperanza para Carolina del Norte) 1-855-587-3463 (FIND) for COVID.

www.RocoverlyAll.org – local virtual meetings and online support resources for those with SUD and Behavioral Health issues.

Si sale de casa, recuerde las iniciales PEL!

PONERSE un protector facial de tela.
6 PIES **ESPERAR** distanciándose 6 pies. Evite contacto cercano.
LAVARSE las manos frecuentemente o bien, usar desinfectante de manos.

@NCDHHS #StayStrongNC

If you leave home, know your Ws!

WEAR a cloth face covering.
6 FEET **WAIT** 6 feet apart. Avoid close contact.
WASH your hands often or use hand sanitizer.

@NCDHHS #StayStrongNC