

Behavioral Health Urgent Care



Behavioral Health Urgent Care (BHUC) centers help people with urgent mental health, substance use, or developmental disability needs.



Urgent Care in a Specialized Setting

Just like urgent care centers help with physical health problems, Behavioral Health Urgent Care (BHUC) centers help people with urgent mental health, substance use, or developmental disability needs.

These walk-in clinics give fast check-ups, support, and care in a calm and specialized setting. They are a good choice for people who need help right away but don't need to stay in a hospital.

Benefits of BHUC:

- Immediate Help
- Connections to Ongoing Care
- Prevent More Serious Crisis

Please visit our website at trilliumhealthresources.org/members-recipients/crisis-services for a list of BHUCs available in our region.



Getting Help

If you or someone you know is experiencing a behavioral health crisis in North Carolina, help is available 24/7.

- For immediate crisis support, call or text **988**.

- For the NC Peer Warmline, call **1-855-PEERS-NC**.
- In a life-threatening emergency, always call **911**.
- Visit TrilliumHealthResources.org for more info.