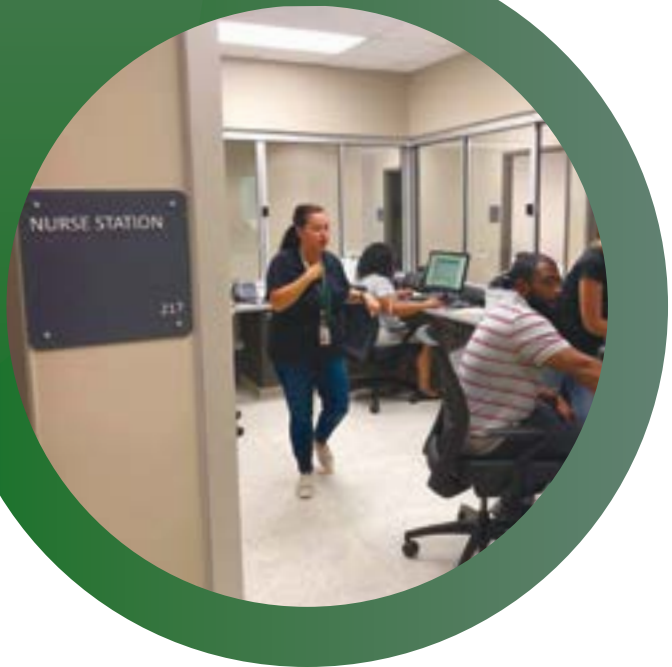


Facility-Based Crisis

Facility-Based Crisis (FBC) Centers give short-term, intense care in a safe place for people going through serious mental health problems.



Immediate, Short-Term Care

Facility-Based Crisis (FBC) Centers give short-term, intense care in a safe place for people going through serious mental health problems. These centers are run by medical professionals and offer check-ups, therapy, and help to calm the crisis. FBCs are an important choice for people who need more help than regular care but don't need to stay in a hospital.

Benefits of FBC:

- Short-term treatment for inpatient mental health
- Specialized mental health and substance use services
- Safe alternatives to the emergency room



Please visit our website at trilliumhealthresources.org/members-recipients/crisis-services for a list of FBCs 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.