

Recovery and Ongoing Support

Trillium continues to help people by connecting them to long-term recovery services.



Long-term, Supportive Care

After the crisis is over, Trillium continues to help people by connecting them to long-term recovery services. Please discuss these options with your Primary Care Provider or Tailored Care Manager.

Services Available Include:

- **Outpatient Therapy and Counseling:** One-on-one, group, or family therapy to work through problems and learn healthy ways to cope.
- **Medication Management:** Help from a doctor to choose the right medicine and make sure it's working well.
- **Peer Support Services:** Support from people who have been through similar experiences, offering hope and encouragement.
- **Community Support Teams (CST) and Assertive Community Treatment (ACT) Teams:** Special teams that give strong support in the community for people with serious mental health needs.
- **Care Management/Care Coordination:** Help with finding and organizing care and services, so people don't have to do it alone.
- **Supported Employment and Education:** Programs that help people find jobs or go back to school, so they can reach their goals and be more independent.

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](https://www.TrilliumHealthResources.org) for more info.