

Mental Health Resources in Henderson County

National Alliance on Mental Illness (NAMI) Four Seasons – a volunteer organization with understanding and knowledge gained from lived experience. They provide support, education, and advocacy for individuals and families with mental illness. Contact at 1-888-955-NAMI (6264) and namifourseasons.org.

Smoky Mountain LME/MCO – a public manager of care for individuals facing challenges with mental illness, substance use and/or intellectual/developmental disabilities in 23 western NC counties. Their vision is communities where people get the help they need to live the lives they choose. They fund and coordinate services for people on Medicaid or who are uninsured. For immediate help or information about services, call 1-800-849-6127.

Pardee Hospital Psychiatric and Addictions Therapeutic Healing Services (PATHS) – is a dual-diagnosis unit specializing in the treatment of psychiatry and detoxification services. Inpatient services are available. Referrals can be made at 828-696-4250 by primary-care providers, emergency departments, and mental-health professionals.

Park Ridge Health HOPE – offers a full range of behavioral-health services to assist adults with mental-health challenges using a medical/holistic approach. Their treatment programs provide patient-centered care founded on a Christian commitment to treat every individual with dignity and respect. Programs include: Hope Women’s Program, Hope Partial Hospitalization Program, and Geropsychiatric Program. Contact number is 855-774-5433.

Various Outpatient Services, including assessment, individual and group therapy, medication management, crisis services, family treatment, psychosocial rehabilitation, and substance-abuse services, provided by a wide variety of organizations and individual professionals and paid for by insurance or fees. Information about services available by dialing 211.

Free Clinic – Psychiatric Clinic and Services – 841 Case St., Hendersonville. Contact number 828-697-8411. First and third Tuesdays. Call for appointment for evaluation and medical management for uninsured individuals.

- Medifind Prescription Assistance Program – certain psychiatric medications are available through the Pharmaceutical Assistance Program at no cost if financially eligible.

Safelight (formerly Mainstay) – 133 Fifth Avenue West, Hendersonville. Contact number 828-693-3840. Mental health counseling for victims of domestic violence, sexual assault, and child abuse.

Fresh Start Behavioral Health at Transylvania Regional Hospital – Individualized medication management and group therapy treatment for those 55+ with mental health needs 828-862-6393. www.trhospital.org/support-services

St. Luke's Hospital – Senior Life Solutions (outpatient) and the **Center for Behavioral Health** (inpatient) offers a multidisciplinary approach to mental health for seniors. 828-894-3311. www.saintlukeshospital.com.

Other good sources of information about mental health include:

National Institute for Mental Health (NIMH) – provides excellent information on mental illness. 1-800-421-4211 and www.nimh.nih.gov.

Mental Health America – the nation’s leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives. www.mentalhealthamerica.net

Mental Health Channel – a free online network of short videos that are changing the conversation about mental health through inspiring true stories. They have shows for every viewer, on nearly every mental health topic, with weekly new launches. www.mentalhealthchannel.tv

Agency for Healthcare Research and Quality (AHRQ) – provides information regarding all health issues – mental health resources. www.AHRQ.gov

National Council for Behavioral Health (NCBH) – provides extensive information on behavioral-health issues and resources. www.thenationalcouncil.org