

## HOW WE CAN HELP?

- **Individual Crisis Outreach and Support** – Provide support to help people affected by the hurricane understand the impact both physically and emotionally, identify coping skills, explore recovery options, and connect with helpful ongoing resources.
- **Group Crisis Outreach** – Trained community crisis workers lead group sessions to help participants affected by the disaster navigate the recovery process with practical skills and support.
- **Public Education** – Provide information on common emotional reactions, coping strategies, and available resources for disaster recovery.
- **Community Networking and Support** – Building relationships with local organizations, faith-based groups, and agencies to strengthen community support networks.
- **Assessment, Referral, and Resource Connection** – Assess individual needs and refer people to additional services like disaster relief, mental health support, and/or substance use treatment.

## OTHER RESOURCES

**988 Crisis Lifeline:** Call or text 988 to speak with a trained mental health professional (English and Spanish)

**Peer Warmline:** Call 1-855-733-7762 to speak to a peer with lived experience

**Somethings:** Visit [somethings.com/northcarolina](https://somethings.com/northcarolina) to connect with free mental health services for teens

# HOPE 4 NC

## Help with Hurricane Recovery



Please call 1-855-587-3463 if you need assistance.



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

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## OUR MISSION

The mission of Hope4NC is to assist individuals in communities as they recover from the devastating impacts of Hurricane Helene.

Our trained crisis outreach workers are available to link survivors with resources that assist in recovery and rebuilding, help with disaster preparedness, and to offer emotional and educational support. We meet you where it's most convenient, whether that is your home, the library, church, or any other location. The program is free and anonymous.

**“We know that the impacts of disasters persist long after the event itself. There’s no right or wrong way to feel, and we’re here to help everyone manage their well-being during Helene recovery .”**

*– Kelly Crosbie MSW, LCSW,  
Director of the Division of  
Mental Health, Developmental  
Disabilities, and Substance  
Use Services*

## WHO PROVIDES CRISIS OUTREACH SERVICES?

- A combination of mental health professionals and paraprofessionals, who are trained and supervised to deliver an array of crisis outreach services.
- Staff usually live in the affected communities and are sometimes survivors themselves.

## OUR GOALS

Crisis Outreach strives to:

- Reach large numbers of people affected by disasters through face-to-face outreach to shelters, homes, and other locations.
- Assess the emotional needs of survivors and make referrals to traditional behavioral health services when necessary.

- Identify tangible needs and link survivors to community resources and disaster relief services.
- Provide emotional support, education, basic crisis counseling, and connection to familial and community support systems.
- Train and educate community partners about disaster reactions, appropriate interventions, and crisis outreach services.
- Develop partnerships with local disaster organizations.
- Work with local stakeholders to promote community resilience and recovery.
- Collect and evaluate data to ensure quality services and justify program efforts.
- Leave behind a permanent legacy of improved coping skills, education and resource materials, and enhanced community connections.

**“You were my guardian angels through this.”**

*– Hurricane Survivor*

**CALL 24/7**

**HELPLINE 1-855-587-3463**