

## FOOD ASSISTANCE

### ☐ **Meals on Wheels 828-356-2442**

Healthy meals delivered to homebound/disabled adults.

### ☐ **Haywood Christian Ministry 828-452-0438**

Provides weekly grocery supplements and emergency food bags for those facing hunger; pet food also available.

### ☐ **Mountain Projects Congregate Nutrition Sites for Seniors 828-452-7029**

Provides to-go cold lunches Mon-Fri; call in advance to reserve.

### ☐ **The Community Kitchen Canton**

**828-593-9319** – Call to confirm times.

Free take-out meal and food box distribution on Mon, Tue, Thurs, Fri, and Sat.

### ☐ **Food and Nutrition Services (SNAP/Food stamps), (WIC) Women, Infants, and Children 828-452-6675**

### ☐ **Holy Cow Food Truck (828) 417-1302**

[www.haywoodpathwayscenter.org](http://www.haywoodpathwayscenter.org)

Provides free hot take-away lunches and dinners Tues-Sat at various county locations.

## MEDICINE/PRESCRIPTION ASSISTANCE

### ☐ **NC Med Assist 866-331-1348**

Provides prescription and over-the-counter medications at no cost for those who are low income or uninsured. The Free Pharmacy Program helps uninsured persons access free prescription medications.

### ☐ **Blue Ridge Pharmacy Program 828-565-1492**

Provides discounted medications and prescription delivery for eligible patients.

### ☐ **Salvation Army 828-456-7111**

Provides a one-time prescription payment up to \$100 for eligible participants.

## INDEPENDENCE

### ☐ **Senior Resource Center 828-356-2800**

Provides community resources and programming for older adults.

### ☐ **Maple Leaf Adult Day Care and Day Health 828-456-9488**

Provides activities for adults with disabilities and respite for their caregivers.

### ☐ **In-Home Aide Services/Senior Companion 828-452-2370 x 2836**

Provides help with basic tasks such as housekeeping, grocery shopping & meal prep, and errands.

### ☐ **Community Alternative Program for Disabled Adults (CAP/DA) 828-356-2810**

Helps disabled adults who need ongoing nursing level of care to remain safely at home and avoid institutional care.

### ☐ **Safe at Home 828-452-1447**

Provides support services, such as home modifications, so a person can live independently at home.

### ☐ **Services for the Blind 800-422-1881**

Provides a variety of services for people who are visually impaired, blind, and deaf-blind.

### ☐ **No Boundaries Medical Equipment Loan Closet 828-456-7930**

Loans items such as wheelchairs, shower chairs and benches, raised toilet seats, and disposable supplies to those who are eligible.

**If you are on Medicare, you may be eligible for Medicaid to pay premiums. To confirm eligibility, call 828-452-6620**

### ☐ **Community Paramedic 828-356-2791**

Scheduled visits by paramedics to assist with medication management, health assessments, doctor appointment scheduling, and home safety.

### ☐ **Haywood Public Transit 828-565-0362**

Provides door-to-door rides and an urban bus route, including handicapped services.

## Haywood County Children & Adult Protective Services

### ☐ **828-452-6620, select Option 1**

This program evaluates reports of abuse, neglect, and exploitation of children or disabled adults.

## SURVIVOR SUPPORT SERVICES

### ☐ **Reach of Haywood County 828-456-7898**

### ☐ **30<sup>th</sup> Judicial District Alliance 828-452-2122**

## MENTAL HEALTH

### ☐ **988 Suicide & Crisis Lifeline – Call 988, text 988, or chat at 988lifeline.org/chat**

Trained Suicide and Substance Abuse crisis counselors are available 24/7 and can connect you with resources in your community.

### ☐ **Vaya Behavioral Health Crisis Line 800-849-6127 (available 24/7)**

For persons experiencing crisis situations due to mental health challenges, alcohol or drug use, an intellectual disability, or a traumatic brain injury.

## SUBSTANCE USE/BEHAVIORAL HEALTH

### ☐ Appalachian Community Services Crisis

**Hotline 888-315-2880** (available 24/7)

Mobile Crisis Team who can help a person cope with depression, anxiety, substance use, loss, and thoughts of suicide

### ☐ Haywood Regional Medical Center Senior Behavioral Health Services **828-452-8651**

Provides behavioral healthcare in a safe environment to expedite the recovery of adults and seniors in distress.

### ☐ Meridian Behavioral Health **828-631-3973**

Recovery Education, Substance Abuse Outpatient Programs, Medication Management

### ☐ Blue Ridge Community Health **828-456-8604**

Providing affordable care for children and adults dealing with behavioral health or substance issues

### ☐ AA Hotline **800-524-0465**

<http://www.aa.org>

### ☐ Alcohol/Drug Council of NC **800-688-4232**

<https://www.alcoholdrughelp.org>

### ☐ VA Support Services **828-452-6634**

Veteran's Support

### ☐ Haywood Pathways Center **828-246-0332**

Daily take-away hot meal at 6:30 pm; temporary housing.

*For more information or to get help connecting to resources, contact: **828-564-1938***

## MAKE THE RIGHT CALL

### **911**

- Medical
- Fire
- Crime
- Domestic Violence
- Impaired Driving
- Suspicious activities
- Missing persons

### **988**

- Thoughts of suicide
- Mental health & substance use crisis
- Emotional distress

### **211**

- Food
- Housing
- Utility assistance
- Healthcare services
- Transportation
- Legal services
- Homelessness
- Counseling & support groups

**988 Suicide & Crisis Lifeline** – Call 988, text 988, or chat at [988lifeline.org/chat](https://988lifeline.org/chat)  
Suicide and Substance Use Crisis Hotline

*Brought to you by  
Haywood County Health and Human Services*

## FOR HAYWOOD COUNTY CITIZENS



*Are you able to pay for food and medicine?*

*Are you worried about losing housing?*

*Do you feel safe in your own home?*

*Do you need transportation?*

*Do you need help paying utilities?*

*Are you a resident of Haywood County and ready to take steps to address substance use issues?*

*Is life overwhelming and you need someone to talk to?*

### **Healthy Haywood Resources**



**828-452-6675**

Visit [www.healthyhaywood.com/resources](http://www.healthyhaywood.com/resources) or scan the QR Code above