

YOU NEED HELP **NOW IF:**

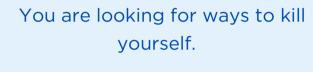
TAKING CARE OF **YOURSELF:**



You are having thoughts of hurting or killing yourself.

> Connect with friends, family, or a support group.

Take medicine as prescribed.



Seek help from a mental health professional or other healthcare provider.

You are talking about death, dying, or suicide.

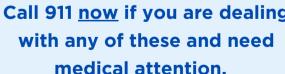
> Participate in light exercise like walking.

You are engaging in selfdestructive behavior, such as substance misuse, risky use of

Eat balanced meals and drink plenty of water.

weapons, etc. Call 911 now if you are dealing

If you own firearms, store them securely (gun safe, lock box, gun case, cable lock or trigger lock).





In crisis? Go to any medical facility for free care and call the VA within 72 hours: 844-724-7824





RESOURCES:

Haywood County Veterans Services

828-452-6344

30th Judicial District Alliance

(Veteran Outreach Program) 828-452-2122

American Legion Post 47

828-456-8691

Disabled American Veterans 919-833-5567

Veterans of Foreign Wars Post 5202

828-456-9346

Food Resource Guide

healthyhaywood.com/ resources

No Boundaries Medical Equipment Loan Closet

828-456-7930

Haywood Public Transit

828-565-0362

Warrior Clan

828-793-2094

TREATMENT RESOURCES:

Appalachian Community Services

(walk-in services available, including Behavioral Health Urgent Care; BHUC opening April 1, 2025)
828-452-1396

Blue Ridge Healthformerly Meridian Behavioral Health Services

(walk-in services available) 828-456-8604

Charles George VA Medical Center

828-298-7911

Haywood Regional Medical Center

(Behavioral Health Unit): 828-452-8651

24/7 CRISIS SUPPORT:



Veterans Crisis Line

Call 988, press 1 OR text 83825.

Mobile Crisis (Appalachian Community Services):

888-315-2880

Behavioral Health Crisis Line (Vaya Health):

1-800-849-6127

This brochure was created by Haywood County HHSA and Haywood County Veterans Services. Haywood County HHSA is an equal opportunity provider and employer.