

Community Resources

Physical Health

Atrium Health

- ☐ 704-512-5700
- ☐ [Atrium Virtual Visit](#)
- ☐ [Atrium Health Updates](#)

North Carolina COVID-19 hotline

- ☐ 866.462.3821
- ☐ email ncresponse@dhhs.nc.gov

Novant Health

- ☐ 877-499-1697 or 877-9NOVANT
- ☐ Screening location: 3330 Siskey Parkway Matthews
- ☐ [Novant Health Updates](#)

Union County Health Department

- ☐ 704-296-4800
- ☐ <https://www.unioncountync.gov/>

Mental Health

**ASK Mental Health Crisis Line

- ☐ Call **275

The Hope4NC Helpline 24/7 crisis assistance statewide

- ☐ 1-855-587-3463

Hope4Healers Helpline (helpline for Co-Vid first responders and their families)

- ☐ 919-226-2002

Atrium Behavioral Health helpline 24/7 crisis assistance

- ☐ 704-444-2400 or 1-800-418-2065
- ☐ <https://atriumhealth.org/medical-services/prevention-wellness/behavioral-health>

Cardinal Innovations (mental health referrals-multiple languages) available 24/7

- ☐ 1-800-939-5911
- ☐ <https://www.cardinalinnovations.org/>

Center for Emotional Health

- ☐ 704-237-4240
- ☐ <https://www.cehcharlotte.com/>

Daymark Recovery Services

- ☐ 704-296-6200
- ☐ <https://www.daymarkrecovery.org/locations/union-center>

Mobile Crisis

- ☐ 1-866-275-9552

Novant Behavioral Health 24/7 program access line



- ❑ 1-800-786-1585
- ❑ <https://www.novanthealth.org/presbyterian-medical-center/services/behavioral-health.aspx>

Keep in mind that you have the option to contact your health insurance carrier for additional resources/information

Housing

Operation Reach Out

- ❑ 704-289-4237

Union County Community Shelter

- ❑ 704-289-5300
- ❑ www.unionshelter.org

Utilities

Common Heart

- ❑ 704-218-9060

Crisis Assistance

- ❑ 704-225-0440
- ❑ <http://www.unioncrisis.org/home0.aspx>

DHS Low Income Energy Assistance Program

- ❑ 704-283-3500

Operation Reach Out

- ❑ 704-289-4237
- ❑ OpReachOUt@aol.com

Food

Common Heart

- ❑ 704-218-9060
- ❑ www.CommonHeart.org

Department of Human Services (DHS)

- ❑ 704-296-4300

Loaves and Fishes

- ❑ 704-289-8434 or 980-328-7111 or 704-238-0104
- ❑ <http://www.loavesandfishesofunioncounty.org/>
- ❑ contact@loavesandfishes.org

Local businesses offering free lunch for students

- ❑ [Lunch Resources](#)

New Testament Baptist

- ❑ 704-283-5606
- ❑ <http://www.new-testament.us/>



Nutrition for the Elderly

- ☐ 704-283-3712

Operation Reach Out

- ☐ 704-289-4237

Union County Community Shelter

- ☐ 704-289-5300
- ☐ www.unionshelter.org

Waxhaw Baptist - Jesse Jude Food Pantry

- ☐ 704-843-4822
- ☐ <http://waxhawbaptist.org/Jess-Jude-Food-Pantry>

Waxhaw Ray of Hope Community Outreach

- ☐ 704-248-1017
- ☐ <http://waxhawsrayofhope.wix.com/waxhaws-ray-of-hope>

Clothing

Christ's Closet

- ☐ 980-320-0463
- ☐ <http://www.unionumc.net/#/missions/christs-closet>
- ☐ Email: christsclosetunion@gmail.com

Common Heart

- ☐ 704-218-9060
- ☐ www.CommonHeart.org

Transportation

Union County Transportation

- ☐ 704-283-3713

National Resources

Optum 24-hour Emotional Support Helpline

- ☐ 866-342-6892 for people who may be experiencing anxiety or stress

Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline

- ☐ 1-800-985-5990
- ☐ Text TalkWithUs to 66746
- ☐ TTY 1-800-846-8517

The National Suicide Prevention Hotline

- ☐ 1-800-273-TALK offers free and confidential support 24/7
- ☐ Text HOME to 741741 to connect with a Trained Crisis Counselor 24/7



Additional Information

[CDC FAQ](#)

[WHO Mental Health Considerations](#)

[American Psychological Association Resources](#)

[Caring for Yourself](#)

[Helping Your Child Cope with CoVid-19](#)

Whom to Contact

Dr. Tracy Strickland Director Student Support tracy.strickland@ucps.k12.nc.us

Tracey Carney SEL Coordinator tracey.carney@ucps.k12.nc.us

Belle Walker Lead School Social Worker/EC School Social Worker
belle.walker@ucps.k12.nc.us

Angela Berry Lead Therapist angela.berry@ucps.k12.nc.us

