

FOOD ASSISTANCE

☐ **Meals on Wheels 828-356-2442**

Healthy meals delivered to homebound/disabled adults.

☐ **Haywood Christian Ministry 828-456-4838**

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

☐ **Congregate Nutrition Sites for Seniors**

To-go cold lunches Mon-Fri; call in advance, space limited. Free for 60+, \$5 for others.

Canton Nutrition: 828-506-5161 (t, w, th)

Waynesville Nutrition: 828-452-7029

Maggie Valley Nutrition: 828-926-3099 x110

☐ **The Community Kitchen Canton**

828-593-9319 – Call to confirm times/dates.

Free dine-in only dinner (5-6pm, Mon- Sat) and food box distribution at scheduled times.

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

☐ **Holy Cow Food Truck (828) 246-0332**

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.

☐ **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 & 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**

☐ **30th 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.

For situations involving Hoarding, Bio-Hazard clean-up of blood or body fluid, fire extinguisher residue, or Meth labs, there are a few companies in the area that provide services. Searching online for your location and the service you need addressed should connect you with a local company who will be able to carefully and respectfully clean the space using the required standards

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

☐ **Blue Ridge Community Health 828-456-8604**
Providing affordable care for children and adults dealing with behavioral health or substance issues

☐ **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

☐ **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

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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 or scan the QR Code above

Haywood County HHSA is an equal opportunity provider and employer.