

## Mental Health Support/Referral Information

### Therapy Appointments

Do you have private insurance?

If yes, you could start with your Pediatrician

Or, you could schedule directly with a therapist approved by your provider

If no, call Alliance Behavioral Healthcare 800-510-9132

### Crisis Assessments

Has the student taken any medication/substance?

If yes, go directly to an Emergency Room

If no, these are local options from which to choose. You can call ahead to determine wait time.

Wake County Crisis and Assessment (24 hour walk-in)

107 Sunnybrook Rd, Raleigh

984-974-4800

Strategic Behavioral Health

3200 Waterfield Dr, Garner

919- 800-4400

Holly Hill

3019 Falstaff Rd, Raleigh

919-250-7000

Alliance Mobile Crisis Team

877-626-1772

Please follow-up with Ms. Stephenson or Mrs. Winters after appointments are made so we can help with a support plan at school.

9th and 10th grade counselor

Ms. Stephenson

[stephenson@longleafschool.com](mailto:stephenson@longleafschool.com)

11th and 12th grade counselor

Mrs. Winters

[winters@longleafschool.com](mailto:winters@longleafschool.com)