

CRISIS

Experiencing a Crisis?

*We are here for you,
24/7.*



Outer Banks
hotline

24/7 Crisis Line: 252.473.3366

24/7 Crisis Line (252) 473-3366

We listen.

We help with problem solving by suggesting local resources for assistance and information.

We are confidential and non-judgmental.

Outer Banks Hotline crisis phone line has been operational since 1980. Trained staff and volunteers are available 24/7 to receive calls and offer guidance including referrals to community resources.

- The crisis line offers immediate access to advocacy or safe house for victims of domestic violence and interpersonal violence.
- The crisis line initiates an emergency response to sexual assault victims at the Outer Banks Hospital.
- The crisis line provides information about local AA and NA meeting times and locations, local treatment options, and general information about substance abuse and addiction.
- The crisis line lists local therapists and has suggestions for addressing mental and physical health needs.
- The crisis line can help brainstorm options for financial crises including housing, emergency financial assistance, overnight shelter in winter months, and more.
- Most importantly, the crisis line offers a caring listener to someone who is feeling overwhelmed, isolated, hopeless, or anxious. It's not therapy, but it is an opportunity to connect and talk to an anonymous "friend."

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