



GASTON COUNTY SCHOOLS

Community Mental Health Resources

Examples of a Behavioral Health Crisis

- Feelings of panic or anxiety that cause you to avoid people and decisions.
- Believing people are out to get you or want to hurt you.
- Withdrawal from alcohol or drugs.
- Major changes in alcohol or drug use.
- Seeing or hearing things other people do not see or hear.
- Intense feelings of hopelessness, helplessness or sadness.
- Thinking or talking about hurting yourself or others. (Partners Behavioral Health Management, 2023)

Local Emergency Resources (available 24 hours a day, 7 days a week)

Partners Behavioral Health Crisis Line (Gaston, Lincoln and Cleveland Counties)	1-833-353-2093
Phoenix Mobile Crisis (Gaston, Lincoln and Cleveland Counties)	1-855-527-4747
Phoenix Behavioral Health Urgent Care (walk-in 24/7/365)	704-854-4196
Alliance Behavioral Health Crisis Line (Mecklenburg County)	877-223-4617
South Carolina Mobile Crisis Line (available statewide)	833-364-2274

National Hotlines

Suicide and Crisis Lifeline (call or text)	988
Trevor Project (Crisis Hotline for LGBTQ Youth)	1-866-488-7386

Local Counseling Services/Current Gaston County School-Based Therapy Agencies

Gaston Adolescent Center	704-691-7561
Kintegra Health	704-874-3316
Support, Inc.	704-865-3525