



MENTAL HEALTH RESOURCES

for Onslow County residents

Amy Small, MPH
Public Health Lead Educator



UNDERSTANDING MENTAL HEALTH

- Mental health is how a person thinks, feels, and acts.
 - It also includes how well they handle stress, deal with problems, and get along with other people.
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COPING IN UNHEALTHY WAYS



Smoking

17.6% Onslow County
15% North Carolina
N/A United States



Excessive Alcohol Consumption

20% Onslow County
18% North Carolina
18% United States

AREAS WE'RE DOING WELL IN



***Average Number of Poor
Mental Health Days***



***Opioid Use Disorder
Emergency Department
Utilization***



***Alcohol-Involved Crash
Deaths***

PHYSICAL HEALTH IS MENTAL HEALTH

Healthy Foods

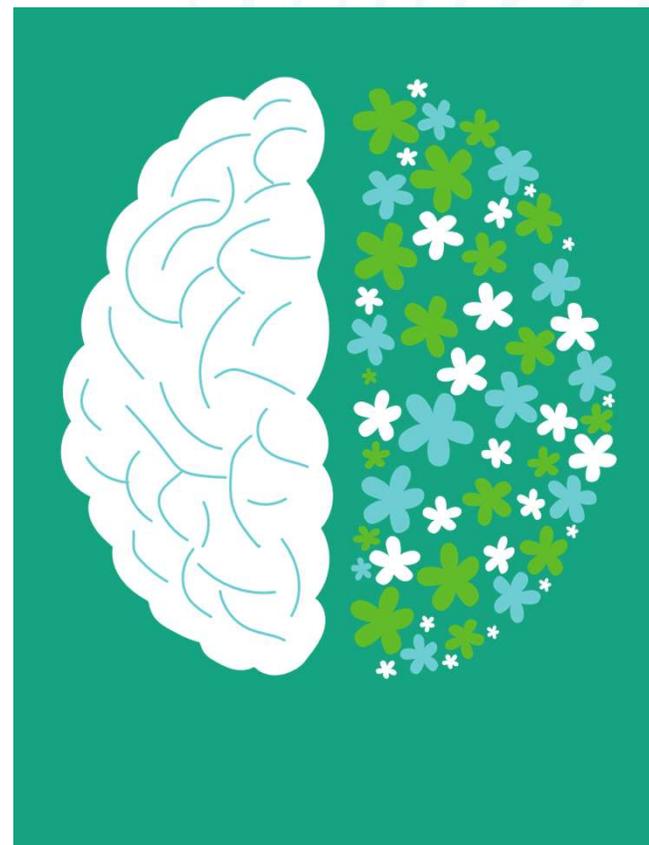
Whole foods

Exercise Boosts your Mood

150 minutes of
physical activity

Better Sleep

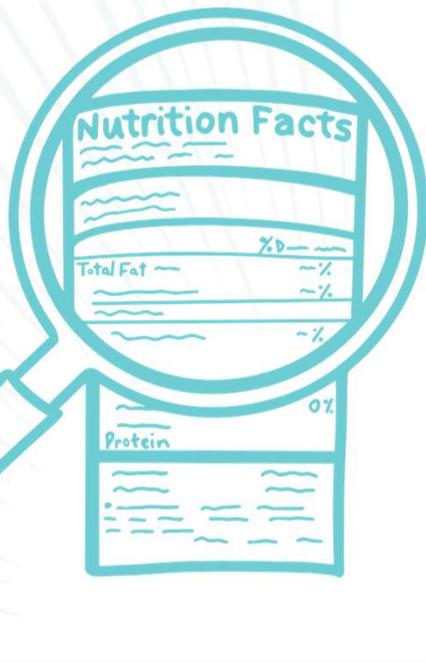
7 - 9 hours



An illustration of a human head profile in shades of blue. Inside the head, a green tree with many leaves grows upwards. The top of the head is filled with a dark blue space containing white stars. Light blue clouds are visible behind the head. Several small white birds are flying in the sky above the head. A green curved line is on the left side, and a green leafy branch is on the bottom right. The background is white with light blue rays emanating from behind the head.

LOCAL RESOURCES

HEALTH AND NUTRITION CLASSES



Faithful Families

- 9 weeks
- faith based
- food samples

Diabetes Prevention Program

- CDC
- 1 year
- virtual
- lots of incentives

Healthy for Life

- American Heart Association
- in person and virtual
- very engaging



MENTAL HEALTH CLASSES

QPR

- Learn how to Question, Persuade, and Refer someone who may be thinking about suicide

ACEs

- Understand how early life stress and trauma affect long-term health and behavior
- Learn ways to build resilience and create supportive environments

Vaping Education

- Get facts about the health risks of vaping, especially for youth and teens
- Learn how nicotine addiction affects the brain and how to support quitting

ON SLOW COMMUNITY PARAMEDICS

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- Help people with unmet medical, mental health, and substance use needs
 - Respond to individuals who frequently call 911
 - Provide follow-up through the Post Overdose Response Team (PORT)
 - Offer durable medical equipment loans (like walkers or crutches)



MENTAL HEALTH RESOURCES

988

- Suicide & Crisis Lifeline for mental health, substance use, or emotional distress
- Available 24/7 by call, text, or chat, with trained counselors ready to help

Warmline NC

- A free, 24/7 phone support line
- Staffed by peer support specialists who have lived experience with mental health or substance use challenges
- A non-crisis, confidential space to talk through feelings like loneliness, stress, or worry—with no assessments or police involved unless requested



QUITLINE NC

- Free 24/7 support to quit commercial tobacco (smoking, vaping, chewing, dipping) for all North Carolina residents via phone, text, or web coaching
- Trained quit coaches and personalized quit plans, with optional free nicotine replacement therapies (patches, gum, lozenges) mailed to eligible callers
- Specialized support available, including services in Spanish, interpretation for many languages, behavioral health and American Indian protocols



COMMUNITY RELATIONS TEAM

- Connects the community to health education programs, events, and outreach services
- Offers presentations on topics like mental health, substance use, nutrition, and more
- To request a program or learn more, email: community_relations@onslowcountync.gov

