

# COVID-19

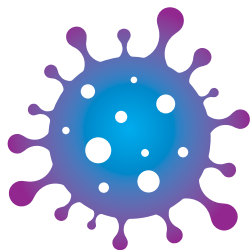
Resources to Support  
Mental Health & Wellness



**[BreakTheStigmaOBX.com](https://BreakTheStigmaOBX.com)**

*Information in this guide was current at the time the document went to press in July 2020. Other resources may be available in Dare County. Subsequent changes will be reflected in the next edition. See local telephone directory for additional services.*

*The inclusion of any organization, agency or service in this Resource Guide does not imply or constitute an endorsement or recommendation, nor does exclusion imply disapproval. The partners that created this document do not claim responsibility for any actions taken by any of the organizations or agencies included in the Resource Guide. Under no circumstances shall the aforementioned partners or its employees be liable for any direct, indirect, incidental, special, punitive or consequential damages which may result in any way from the use of the information included in this Resource Guide.*



# COVID-19

## Resources to Support Mental Health & Wellness

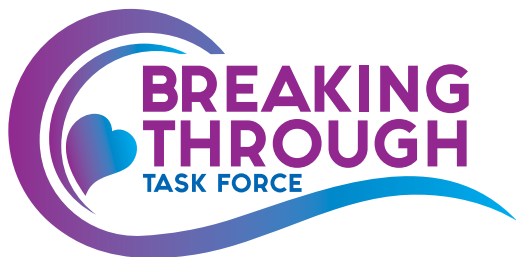
### ABOUT THE GUIDE

The Breaking Through Task Force recognizes these are trying times. COVID-19 has changed the way we live. Most of us have less social interactions than we previously have in the past. Many have lost their jobs or have been unable to work in the same capacity as they did before the virus. Our kids are being homeschooled.

All of these changes can impact our mental health and wellness. This guide was developed through a Vidant Health Community Benefit grant our task force has received. Our hope is that you will use this guide to find resources that can enhance your mental health and well-being.

**We are all in this together!**





## ABOUT THE BREAKING THROUGH TASK FORCE

We were formed in 2016, by the Healthy Carolinians of the Outer Banks to address stigma and other barriers for those who seek help for mental health or substance use issues.

**We are like you** - friends, neighbors, sisters, mothers, fathers, daughters, sons, and grandparents.

We are here because we can do better when it comes to mental health in Dare County.





# Dare County COVID-19 Call Center

**252.475.5008 | [covid19@darenc.com](mailto:covid19@darenc.com)**

## MENTAL HEALTH SERVICES FOR ALL

### **Dare County Department of Health & Human Services'**

#### **Emotional Support Line**

Open Tuesdays & Thursdays from 9:00 a.m. to 3:00 p.m. which can be reached by calling 252.473.8216.

**252.473.8216**

#### **PORT Health**

Substance use and mental health treatment.

**252.441.2324**

### **Integrated Family Services**

Available 24/7. Crisis Chat:  
[Integratedfamilyservices.net](https://integratedfamilyservices.net)  
Select: "chat with us" link.

**866.437.1821**

### **Trillium Health**

24-Hour Access to Care line

**1.877.685.2415**

### **Hope4NC Helpline**

24-Hour Helpline

**1.855.587.3463**

## MENTAL HEALTH SERVICES FOR PROFESSIONALS RESPONDING TO COVID-19

### **Hope4Healers Helpline**

24-Hour Helpline

**919.226.2002**

## MENTAL HEALTH SERVICES FOR SENIORS

### **NC Baptist Aging Ministries Hotline**

**1.866.578.4633**

### **Dare County Center**

8:30 a.m. to 5:00 p.m.

**252.475.9270**



# MENTAL HEALTH PROVIDERS

**Crystal Abernathy, LPCA\***  
**252.255.2733**

**Roger Allen, PhD\***  
**252.261.5190**

**Kathleen Brehony, PhD**  
Lic. Clinical Psychologist (NC and VA)  
**252.473.4004**

**Cary Buscemi, LCSW, LCAS**  
**252.255.1902**

**Rebekah Cahoon, LCAS, LPCA\***  
**252.455.2805**

**Karla Coughenour, LPCA**  
Licensed Dietitian, Nutritionist\*  
**252.455.2805**

**Jan Culpepper, LPC, CCTP,  
CTP-C\***  
**757.373.4155**

**Amberly Dyer, LCSW\***  
**252.995.2478**

**Andrea Facci, PhD, LPC,  
LCAS, CCTP\***  
**252.255.1847**

**Sarah Gist, LCSW\***  
**252.475.5097**

**Nellenne Groetsch, LPC, CCMC**  
**252.561.5315**

**Kinga Gudor, LCSW\***  
**757.319.5416**

**Jenna Gwaltney, LCMHCA\***  
**252.255.2733**

**Elizabeth Hoffmier, LCSW\***  
**252.441.7053**

**Michelle Hossiney, LMFT, LCAS\***  
**252.255.2733**

**JoAnn Hummers, LCAS, LPC,  
CCS, NCC, CRC**  
Master Addictions Counselor\*  
**252.261.4512**

*\* indicates that these individuals are able to provide services via telehealth.*





# MENTAL HEALTH PROVIDERS

**Jeff Jaworski, LPC, LCAS, CCS\***  
**252.441.1802**

**James Layton, PhD, LPC\***  
**252.449.8595**

**Richard Martin, LCAS, CCS**  
**252.202.7363**

**Christie McEwan, LCAS, CCT\***  
**252.561.2804**

**Catherine McGrogen, PhD\***  
**252.261.5190**

**Melinda Mogowski, NCC,  
LPC, LCSW\***  
**252.305.1939**

**Shirley Parker, LPC, LCAS, CMC\***  
**252.207.3837**

**Rosie Rankin, LPC, LCAS, CMC\***  
**252.305.5107**

**Chris Roberts, LCAS, LCSW\***  
**252.473.4727**

**Kelly Roberts, LCSW, TF-CBT\***  
**252.473.4727**

**Stephanie Ryder, MSSA,  
LCSWA, CTTS\***  
**252.715.6516**

**Marie Shelton, LCMHCA\***  
**252.255.2733**

**Steve Taylor LCAS, LCMHCA\***  
**252.573.2700**

*\* indicates that these individuals are able to provide services via telehealth.*



# TELEHEALTH SERVICES IN DARE COUNTY

The following providers, in response to COVID-19, have begun offering their services via telehealth.

## HEALTHCARE PROVIDERS

**Beach Medical Care**  
**252.261.4187**

**Dare Direct Primary Care**  
**252.715.5315**

**Eastern Carolina Cardiovascular**  
**252.331.1100**

**Island Mobile Medical Care**  
**252.996.0511**

**Outer Banks Dermatology**  
**252.242.0105**

**Surf Pediatrics & Medicine**  
**252-255-5321 | 252-449-5200**

**Outer Banks Women's Care**  
**252.261.4885**

**Outer Banks Ear Nose & Throat**  
**252.449.5760**

**Outer Banks Family  
Medicine - Avon**  
**252.995.3073**

**Outer Banks Family  
Medicine - Manteo**  
**252.473.3478**

**Outer Banks Family  
Medicine - Southern Shores**  
**252.449.5780**

**Outer Banks General Surgery**  
**252.449.9120**

**Outer Banks Orthopedics  
& Sports Medicine**  
**252.261.9940**

**Outer Banks Internal Medicine**  
**252.449.7373**

**Outer Banks Urgent Care Center  
& Family Medicine**  
**252.261.8040**

**The Center for Healthy Living**  
**252.449.5978**

**Virginia Center for Women**  
**252.449.2147**

## DENTISTS

**J. Trahey Maner, DDS**  
**252.441.1006**

**Peele Family Dentistry**  
**252.473.5774**





# FOOD & NUTRITION ASSISTANCE

## Dare County Department of Health & Human Services

Dare County Department of Health & Human Services is committed to meeting the evolving health & social needs of our community. As a result of the COVID-19 pandemic, individuals are strongly encouraged to call before coming to an office location for assistance.

## Public Health Division: Women, Infants & Children

The Women, Infants and Children (WIC) Program is operating on a remote basis by telephone and computer to determine eligibility and provide food and nutrition education benefits including those for breastfeeding support. Please call to make an appointment or to review eligibility standards and benefits.

**252.475.5068**

## Social Services Division: Food & Nutrition Services

Food & Nutrition Services helps low-income families or individuals buy food. Families must meet income, resource, citizenship, and work rules. Eligible households receive monthly benefits on a debit card allowing them to purchase approved food items. Individuals can apply for food and nutrition services online at [epass.nc.gov](http://epass.nc.gov), by telephone, mail, or dropping off an application.

**252.475.5500**



# FOOD & NUTRITION ASSISTANCE

## Beach Food Pantry

4007 N. Croatan Hwy.,  
Kitty Hawk, NC 27949  
(Mile Post 4 on the East Side of Bypass  
beside Mattress Firm) Hours:  
Monday-Friday: 2:00 p.m.- 4:00 p.m.

**252.261.2756**

## Roanoke Island Food Pantry (Mt. Olivet Church)

300 Ananias Dare St., Manteo, NC 27954  
(On the corner of Ananias Dare  
& Essex Streets) Hours: Monday-Friday:  
9:00 a.m.-11:00 a.m.

**252.473.2089**

## Source Church Pantry

318 Budleigh St., Manteo, NC 27954  
Hours: Monday: 5:00 p.m. - 8:00 p.m.  
Tuesday & Friday: 10:00 a.m. - 1:00 p.m.

**252.473.1191**

## Mobile Food Truck

Second Thursday of each month  
Must provide proof you live in  
Dare County.  
Mt. Carmel in Manns Harbor 12:30 pm  
Manteo Baptist Church in Manteo 1:15 PM  
First Flight Elementary School 4:30 PM

## Kitty Hawk Baptist Church

3946 N. Croatan Hwy, Kitty Hawk.  
Manna Ministry- Every Wednesday from  
3:00 p.m. - 5:00 p.m.. Provides free  
sandwich bread, bagels, english muffins  
and other bread products

**252.261.3516**



# FINANCIAL ASSISTANCE

## Interfaith Community Outreach (ICO)

Interfaith Community Outreach provides assistance to individuals and families facing a temporary emergency crisis. If you are experiencing a temporary emergency crisis due to COVID-19, ICO will be taking applications over the phone at 252.480.0070 or online at [interfaithoutreach.com](http://interfaithoutreach.com).

**252.480.0070**

## Cape Hatteras United Methodist Men

The Cape Hatteras United Methodist Men has launched a program to provide financial assistance to individuals and families who have suffered a loss of income due to the COVID-19 pandemic. Assistance will be provided for rent or mortgage payments and utility payments, and access will also be provided to the Buxton food pantry.

In order to receive assistance, applicants will need to be screened by Dare County Social Services. This can be done by calling 252.475.9320 and requesting a phone interview with the case manager at the Frisco office.

**252.475.9320**

## Unemployment: North Carolina Department of Commerce

The fastest and most efficient way to file a new claim is to file online at [des.nc.gov](http://des.nc.gov). If you don't have access to a computer or need assistance, you may file over the phone by calling the Customer Call Center at 888.737.0259 or Pandemic Unemployment Assistance line at 866.847.7209. However, due to the high volume of calls related to COVID-19, you may experience a long wait time.

**Customer Call Center: 888.737.0259**

**Pandemic Unemployment Assistance: 866.847.7209**



# ONLINE RESOURCES & APPLICATIONS

## Dare County Department of Health & Human Services

- **Helping Women Recover:** Meets virtually every Tuesday & Thursday from 11:00 a.m. to 12:00 p.m. You can join that group by emailing [catishab@darenc.com](mailto:catishab@darenc.com)
- **Recovery Learning Circle:** Meets virtually every Monday & Thursday at 2:00 p.m. and Tuesday & Friday at 11:00 a.m. You can join that group by calling 252.305.4056. or emailing [david.edmonds@darenc.com](mailto:david.edmonds@darenc.com)
- **1:1 Peer Support:** Peer Support Specialists are people living in recovery with mental illness and/or substance use disorder and who provide support to others who can benefit from their lived experience. If you would like to access a peer support specialist, email [david.edmonds@darenc.com](mailto:david.edmonds@darenc.com)

## Alcoholics Anonymous

- There are AA meetings in-person and online. For more information, call 252.256.0850 or visit <https://www.aaobx.com/>

## Narcotics Anonymous

- For an online NA meeting, visit <https://tidewaterareana.org/service/2020-july-asc-meeting/> . Other meetings are also available through this site.

## Nar-Anon

- If you have a loved one who has an addiction, you can find support meetings at <https://www.nar-anon.org/virtual-meetings> . Meetings are offered online with the potential for in-person as COVID-19 conditions permit.

## Al-Anon/Alateen

- If you have a loved one who's alcohol use is affecting you, there is support. Visit <https://alanonobx.com/meetings> for current information about meetings. There are online and in-person meetings available.





# LISTENING CIRCLES

- **The purpose of Listening Circles** is to provide virtual gatherings where individuals can come together to discuss what is hardest for them during this stressful time. Participants will be guided in the use of resiliency tools designed to bring the nervous system back into balance and improve the ability to think clearly and connect. (Neuroscience teaches us that stress and anxiety have an effect on the body that is biological). You may choose to share or just listen to the conversation.
- **Listening Circles** can be scheduled any time of the day and multiple days of the week. They are scheduled for one hour, and we can use Zoom or Google Hangout as platforms.
- **The Listening Circles** will be led by Susan Lee, a Certified Community Resiliency Model Trainer. If interested in joining or requesting a Listening Circle, please contact Susan at: leesu1255@gmail.com.

## SUPPORT RESOURCES FOR CHILDREN/PARENTS

- **Child Mind Institute:** [www.childmind.org](http://www.childmind.org)
  - Opportunity to sign up to receive daily emails with tips
  - Facebook presence which offers Facebook Live video chats with mental health clinicians Monday-Friday at 10:00 a.m. and 4:30 p.m.
  - Section on website devoted completely to sharing coping skills and age-specific ways to talk with children about COVID-19
- **Sesame Street:**  
[www.sesamestreetincommunities.org](http://www.sesamestreetincommunities.org)
  - Select “Health Emergencies” under topics to find stories, video clips and activities specific to COVID-19 for children.
  - [www.zerotothree.org](http://www.zerotothree.org)
  - Select “Tips for Families: Coronavirus”
- **Operation Parent:**  
[www.operationparent.org](http://www.operationparent.org)
  - Support to help parents on self-care and address concerns with children





# SUPPORT FOR PREGNANT OR POSTPARTUM

- **Postpartum Support International** offers online support groups daily. To join a meeting, go to [www.supportgroupscentral.com/PSI](http://www.supportgroupscentral.com/PSI) and create your free account. Then you log into the site and search the Postpartum Support International groups. Find the group you would like to join and you can register for the meeting. Meetings conducted by PSI are FREE or by donation only. \*meetings are also offered in Spanish
  - PSI hosts free, live phone sessions every week. For more information, visit <https://www.postpartum.net/>
  - First Monday Chats for Dads: Dads, partners, extended family members or other support people and professionals can find some answers and support from an expert-and from other men. You'll find honest and compassionate talk about the adjustment to parenthood, information about how fatherhood can affect you and some helpful advice.
  - Wednesday Chats for Moms: Moms can find some answers and support from an expert and other women.

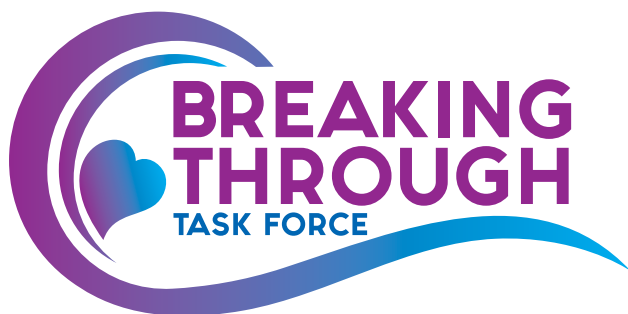
## HELPFUL APPS

- **Calm:** “Calm is committed to developing evidence-based sleep and mindfulness resources informed by ongoing, rigorous scientific research, as our part in supporting the health and happiness of our community and the world.”
- **iChill:** The iChill app teaches a set of self-help skills called the Community Resiliency Model. Through the model, you will learn information about how stress affects the mind and body and what you can do to manage it in a healthy way.
- **Headspace:** An app where you can learn mindfulness practices to assist with managing stress, developing healthy sleep habits and increased focus. Headspace also has a section called “move” with workouts, rest day meditations and developing a performance mindset.





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