

Online Mental Health Screening Tools

Recognize these symptoms? Act before Stage 4 - take a screen at MHAScreening.org.

Changes in energy level and sleep patterns

Noticeable restlessness or irritability

Difficulties with concentration or decision making

Frequent thoughts of death or suicide



Feeling sad, empty, hopeless, worthless, or guilty

Loss of interest or pleasure in activities

Changes in appetite, eating habits, or weight



Free, Anonymous, Confidential
www.MHAScreening.org

Wellness Webinar Resource

Additional Resources

Novant Health is working to ensure all of our communities, especially the ones most in need, have access to information, screenings and treatment.

Coronavirus



Visit novanthealth.org/coronavirus to take our self-assessment, find the screening site hours and locations and get the latest information on Coronavirus.



Call **1-877-9NOVANT**, our 24/7 helpline for any Coronavirus question.

Mental Health



If the anxiety around the coronavirus and social distancing are causing you overwhelming feelings of fear or depression, Novant Health has resources to help. We have licensed therapists available to speak with you 24/7.

Greater Charlotte Market (GCM) 1-800-786-1585

Greater Winston-Salem Market (GWSM) 1-800-718-3550

Additional mental health resources for urgent crisis

Suicide Prevention

Press 1 for Veterans, 2 for Spanish
1-800-273-TALK (8255)

Cardinal Innovations

Crisis and Referrals
1-800-939-5911

Hope4NC Helpline

Connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
1-855-587-3463

Life-Threatening Emergencies
911

Speaker Contacts



Dr. Vernon Barksdale

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To contact Novant Health
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