










# Health Resource Guide

Free programs and services to support your health, coverage, and well-being

## Medical Debt and Hospital Bills

Resource	Description	Phone/Website	QR
Dollar For	Nonprofit that helps patients apply for hospital financial assistance to get medical bills reduced or forgiven. This is a free service.	<a href="http://dollarfor.org">dollarfor.org</a>	
NCDHHS Medical Debt Relief Incentive Program	Offers debt forgiveness and stronger protections for patients getting care at participating NC hospitals. Patients may qualify for full or partial discounts, even if they are uninsured.	<a href="http://ncdhhs.gov/medical-debt">ncdhhs.gov/medical-debt</a>	
Hospital financial assistance	All 99 critical care hospitals in North Carolina offer financial assistance to patients. Check your local hospital's website for their financial assistance policy.	<a href="http://ncjustice.org/nc-hospital-financial-assistance">ncjustice.org/nc-hospital-financial-assistance</a>	




## Health Insurance and Coverage

Resource	Description	Phone/Website	QR
NC Navigator Consortium	Offers free, local help to understand your options and enroll in affordable coverage through HealthCare.gov or NC Medicaid.	1-855-733-3711 <a href="http://ncnavigator.org">ncnavigator.org</a>	
NCMedHelp	Offers free, confidential support if you're having trouble with your NC Medicaid plan, including help with billing issues, denied care, and connecting to legal or social services.	855-972-4357 <a href="http://ncmedhelp.org/medicaid-issue-resolution">ncmedhelp.org/medicaid-issue-resolution</a>	
NC Medicaid Ombudsman	Helps NC Medicaid beneficiaries understand Medicaid and NC Medicaid Managed Care. Can help if you're not able to solve problems with your provider or health plan.	877-201-3750 <a href="http://ncmedicaidombudsman.org">ncmedicaidombudsman.org</a>	
NC Department of Insurance	Offers free help if you're having issues with your health, life, or other insurance, such as denied claims or trouble finding a lost policy.	855-408-1212 <a href="http://ncdoi.gov">ncdoi.gov</a>	
Senior's Health Insurance Information Program	Offers free, unbiased help with Medicare, Medigap, long-term care insurance, and avoiding Medicare fraud.	855-408-1212 <a href="http://ncdoi.gov/shiip">ncdoi.gov/shiip</a>	
Salud NC	Free and confidential bilingual hotline that connects all North Carolina families with information, support, and resources in their local community.	1-844-438-6827 <a href="http://bit.ly/Salud-NC">bit.ly/Salud-NC</a>	

## Low-Cost and Free Care

Resource	Description	Phone/Website	QR
Community health centers	Offers medical, dental, and mental health care on a sliding scale, no matter your insurance status. Also offers reduced prescription drugs.	<a href="http://findahealthcenter.hrsa.gov">findahealthcenter.hrsa.gov</a>	
Free and charitable clinics	Provides medical care at little or no charge through the use of volunteer health care professionals and partnerships with other health providers.	336-349-3220 <a href="http://ncafcc.org">ncafcc.org</a>	
NC MedAssist	Provides free prescription medications to low-income, uninsured residents across North Carolina.	866-331-1348 <a href="http://medassist.org">medassist.org</a>	
Drug discount programs	Multiple organizations offer coupons and discounts you can use for prescription medications. You can access these programs online.	<a href="http://costplusdrugs.com">costplusdrugs.com</a> <a href="http://goodrx.com">goodrx.com</a> <a href="http://americasdrugcard.org">americasdrugcard.org</a> <a href="http://northcarolinadrugcard.com">northcarolinadrugcard.com</a>	
County health departments	Offers limited health care at a sliding scale based on income and provides other local resources related to public health.	<a href="http://dph.ncdhhs.gov/contact/LHD">dph.ncdhhs.gov/contact/LHD</a>	
NC 211	Information and referral service that can connect you to health care, food banks, local shelters, and more.	211 or 1-888-892-1162 <a href="http://nc211.org">nc211.org</a>	

## Mental Health and Substance Use Support

Resource	Description	Phone/Website	QR
NCDHHS Crisis Services	Offers free, confidential support 24/7 for anyone experiencing a mental health or substance use crisis.	1-800-662-7030 <a href="http://ncdhhs.gov/crisis-services">ncdhhs.gov/crisis-services</a>	
Suicide & Crisis Lifeline	Offers free, confidential support 24/7 to anyone in emotional distress or crisis, including help in Spanish and for veterans.	988 or 1-800-273-8255 <a href="http://988lifeline.org">988lifeline.org</a>	
NC Peer Warmline	Offers free, 24/7 confidential support from trained peers with lived experience in mental health/substance use recovery.	1-855-PEERS-NC 1-855-733-7762 <a href="http://ncdhhs.gov/crisis-services">ncdhhs.gov/crisis-services</a>	



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