







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.	dollarfor.org	
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.	ncdhhs.gov/medical-debt	
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.	Hospital website	




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 ncnavigator.org	
NC Medicaid Ombudsman	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.	877-201-3750 ncmedicaidombudsman.org	
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 ncdoi.gov	
Senior's Health Insurance Information Program	Offers free, unbiased help with Medicare, Medigap, long-term care insurance, and avoiding Medicare fraud.	855-408-1212 ncdoi.gov/shiip	

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.	findahealthcenter.hrsa.gov	
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 ncafcc.org	
NC MedAssist	Provides free prescription medications to low-income, uninsured residents across North Carolina.	866-331-1348 medassist.org	
Drug discount programs	Multiple organizations offer coupons and discounts you can use for prescription medications. You can access these programs online.	costplusdrugs.com goodrx.com americasdrugcard.org northcarolinadrugcard.com	
County health departments	Offers limited health care at a sliding scale based on income and provides other local resources related to public health.	dph.ncdhhs.gov/contact/LHD	
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 nc211.org	

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 ncdhhs.gov/crisis-services	
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 988lifeline.org	
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 ncdhhs.gov/crisis-services	



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