

feel safe, feel heard.

we're here to listen, care and help—always.



988

SUICIDE & CRISIS
LIFELINE

Call, text or chat 988
— anytime.

988lifeline.org



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

Stock photo. Posed by model. For illustrative purposes only.

NC Department of Health and Human Services • NCDHHS.gov •
NCDHHS is an equal opportunity employer and provider. • 09/2024