

Are you uninsured?

**Need free services for mental health,
disabilities, or substance use?**

Call now. Free and confidential.

**HOPE  4 NC HELPLINE
1-855-587-3463**

Call anytime, day or night. 711/TTY and translators available.

**COVID-19 is stressful for us all!
Need help coping? Anyone can call.**

Find hope. Find help.