



If you are **feeling overwhelmed** with emotions such as **sadness, depression, and anxiety**, **Hope4NC Helpline (1-855-587-3463)** connects individuals to mental health and resilience supports that help with **coping skills** and **building resilience** during times of crisis. Hope4NC is available **24 hours per day, seven days a week** to speak to a live person.

Additional resources:

Hope4Healers Helpline: 919-226-2002

National Suicide Prevention Lifeline:
1-800-273-TALK or 1-800-273-8255

Alcohol and Drug Council of NC (ADCNC):
TEXT: 919-908-3196 • CALL: 800-688-4232

Problem Gambling Hotline: 877-718-5543

NC4Vets: 844-NC4-VETS or 844-624-8387

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services:
PHONE: 984-236-5300
TOLL FREE: 855-262-1946
SPANISH: 800-662-7030
EMAIL: dmh.advocacy@dhhs.nc.gov

Get the
SCOOP on
managing
stress.

- S**tay connected to family and friends.
- C**ompassion for yourself and others.
- O**bserve your use of substances.
- O**k to ask for help.
- P**hysical activity to improve your mood.