



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.

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 in North Carolina:

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 or 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