

**HELP!** Whenever you need it.  
A call or text away, 24 hours a day.

\*Access electronic version w/ clickable links using QR code.



**1-800-662-HELP (4357)**

Free, confidential, 24/7/365 treatment referral and information service

SAMHSA

**988 SUICIDE & CRISIS LIFELINE**

**24/7 CALL, TEXT, CHAT**

**CRISIS TEXT LINE |**




**Text HELLO to 741741**

**Free, 24/7, Confidential**

care solace.

Calming the Chaos of Mental Health Care

**GET HELP 24/7:**

 <b>TrevorText</b> Text START to 678678	 <b>TrevorChat</b> TrevorChat.org	 <b>TrevorLifeline</b> 866.488.7386
--	--	--


**THE TREVOR PROJECT**  
Saving Young LGBTQ Lives

**NATIONAL DOMESTIC VIOLENCE HOTLINE**



**THEHOTLINE.ORG**  
1-800-799-SAFE (7233) | 1-800-787-3224 (TTY)

**Be bold. Be you.**



Text VAPEFREENC to 873373

**QuitlineNC**  
Text, talk or type. Quit your way.

QuitlineNC.com • 1-800-QUIT-NOW  
1-855-Déjelo-Ya

**Alliance Health**

Behavioral Health Crisis Line

 **877-223-4617**

24 hours a day, 7 days a week

National Sexual Assault Hotline  
**800.656.HOPE**  
online.rainn.org

Free, Confidential, 24/7

**RAINN**

**Alcoholics Anonymous**

Visit us at [www.aa.org](http://www.aa.org)

**Johnston County**



**community RESOURCES List**

**HopeLine**  
YOU TALK. WE LISTEN.

CALL OR TEXT: 919-231-4525 | 877-235-4525



**NC Capital Area of Narcotics Anonymous**

Information Line:  
**1-877-590-6262**  
[www.CapitalArea.org](http://www.CapitalArea.org)