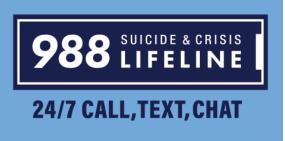
## HELP! Whenever you need it. A call or text away, 24 hours a day.

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









care/solace.

Calming the Chaos of Mental Health Care

## **GET HELP 24/7:**















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



Behavioral Health Crisis Line



24 hours a day, 7 days a week











NC Capital Area
of Narcotics Anonymous

Information Line: 1-877-590-6262 www.CapitalArea.org