

# feel safe, feel heard.

we're here to listen, care and help—always.

# 988

SUICIDE & CRISIS  
LIFELINE

Call, text or chat 988  
— anytime.

[988lifeline.org](https://988lifeline.org)



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

Stock photo. Posed by model.  
For illustrative purposes only.