Contact Info if you or someone you know needs help:

**Suicide/Mental Health:**

Mobile Crisis: 1-866-437-1821

Chat Line (24/7): [www.integratedfamilyservices.net](http://www.integratedfamilyservices.net) (Click on “Chat with us!”)

**Domestic/Relationship Violence:**

Hyde County Hotline (24/7 crisis line): 252-925-2500

**Drug Abuse/Addiction:**

Drug Abuse Hotline (24/7): 1-877-239-5421

Drug Rehab Center Hotline: 1-800-501-9330 (This hotline will help find services in your area to complete rehab.)

**Need Other Help?- Visit:** <https://www2.ncdhhs.gov/contacts/hotlines.htm>

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