

If you or a loved one are struggling with substance use or mental health issues, there is help and hope.



**1-844-435-7498 or
help4wv.com**

24/7 call, chat, and text line



**National 988 Suicide & Crisis Lifeline
988lifeline.org**

*24/7 mental health crisis and support -
call, text, or chat*

For a medical emergency or substance use overdose, CALL 911.

GET CONNECTED!

and learn about resources available.



Help & *Hope* WV

HelpandHopeWV.org



Stigma *Free* WV

StigmaFreeWV.org

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