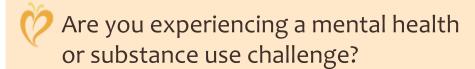
## Do You Need to Talk?

For information or crisis help, please contact: Durham Center Access (919) 560-7100 (800) 510-9132

Or come to: 309 Crutchfield Street Durham (near Durham Regional Hospital





Would you like to talk with a trained Peer Support Specialist who is in recovery in his or her own life?

Caring, non-judgmental help is available 3:00-11:00pm, 7 days a week

When you call the Recovery Support Line, a trained Peer Support Specialist will listen, encourage and empower you to find resolution to your challenges in a way that fosters a sense of hope, dignity and self-respect.

They care and are prepared to empathize with your situation and to provide information and referral to appropriate services.

## Recovery Support Line (919) **956-9566**

3:00-11:00pm, seven days a week

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