



EMBRACE

HOPE

WITH CARING

CONTACTS





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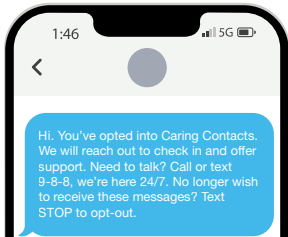
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Discover the power of "Caring Contacts"



Caring Contacts automated text messages can provide hope and help you feel more connected.

To get started with Caring Contacts, either scan the QR code or visit <https://bit.ly/4cD8Bkr>. Standard text messaging rates may apply.

Created by local Alaskans, Caring Contacts will provide positive affirmations at regular intervals, starting often and then less frequently. While you can't reply to these messages, each one will remind you to call or text 988 if you need support.

Caring Contacts is a proven support tool for your ongoing wellness and safety. You'll receive messages for up to one year, but you can text "STOP" at any time to opt out.

Caring Contacts is provided by Alaska Careline Crisis Services, Inc.

Call or text 988 if:

- You are in crisis.
- You are a survivor (of an attempt, or if you lost someone to suicide).
- You are grieving.
- You are concerned about someone else.
- You are feeling down and need someone to talk to.

**We can help.
Really.**

