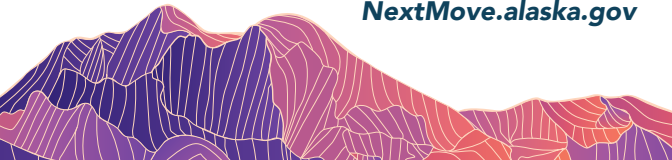




**You deserve to feel your best.**  
*Find your Next Move.*

**[NextMove.alaska.gov](http://NextMove.alaska.gov)**



# Mental Health + Substance Use Support

*No pressure. Just options.*



*Scan for website*

## Next Move offers:

- Recovery stories
- Facts about substances + mental health
- Tips for coping, cutting back, and staying safe
- Resources for you or someone you care about

