



You deserve to feel your best.

Find your **Next Move.**

Find tools and support for
substance use and mental health.

Visit NextMove.alaska.gov





Mental health and substance use are deeply connected.

Next Move offers mental health and substance use support. Find what works for you and explore options, such as:

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

No pressure. Just options.

Scan to learn more.

