



Attorney General

**Josh Stein**

## **PROTECTING THE NEXT GENERATION OF NORTH CAROLINIANS**



Many thanks to our presenters and contributors who shared the following sample resources.

- **988 Suicide & Crisis Line** offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. You may call for yourself or if you are worried about a loved one. The line is free and confidential. Learn more at <https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/crisis-services/988>.
- **www.TeensAndTech.org**, funded by the Winston National Center on Technology Use, Brain, and Psychological Development at UNC-Chapel Hill, offers free curriculum on adolescent technology use and well-being. Learn more at [www.TeensAndTech.org](http://www.TeensAndTech.org).
- The **Substance Abuse and Mental Health Services Administration (SAMHSA)** offers resources for parents and caregivers to help with the conversation about the dangers of drinking alcohol and using other drugs at a young age. Learn more at <https://www.samhsa.gov/talk-they-hear-you/parent-resources>.
- **Truth Initiative** offers various resources, including the curriculum, Vaping: Know the truth and a youth and young adult quit vaping text message program, This is Quitting. Learn more at <https://truthinitiative.org/truth-resources>.
- For information on programs and resources that can help families dealing with the opioid crisis, visit <https://www.morepowerfulnc.org/get-help/>.
- **SAMHSA** provides an Evidence-Based Practices Resource Center designed to improve prevention, treatment, and recovery support services for mental and substance use disorders. Learn more at <https://www.samhsa.gov/resource-search/ebp>.
- **Resources for Resilience**, a North Carolina nonprofit, provides practical, science-based tools designed to build up and support everyone's resilience, including youth. Learn more at <https://resourcesforresilience.com/>.
- To read more about William Burleson's journey, visit <https://williamburleson.substack.com/>. Baker Burleson's post on guns and suicide is available at <https://williamburleson.substack.com/p/how-guns-and-suicidal-thoughts-interact/comments>.
- To learn more about Hunter Dalton and the HDLife Foundation, visit <https://thehdlife.org/>.

For more resources and information, visit [ncdoj.gov/nextgen](https://ncdoj.gov/nextgen).