

# Connecting All Responders Deployed Support (CARDS)



***A safe place if it's time to lay your cards on the table...***

Whether you want to sit quietly, talk, or just get resources,  
Peer supporters and therapy dogs are standing by for you

**Open to all Responders**

Call or text OCNC at 919-444-CALM (2256)

Or you can email: [ocncpeersupport@googlegroups.com](mailto:ocncpeersupport@googlegroups.com)

For More Resources please select the QR Code



In an emergency, please call 911 or 988 (the National Suicide Hotline).