

WHO DO I CALL WHEN...



988

I'm having suicidal thoughts but I don't want to hurt myself.

I feel down, depressed or hopeless.

I am thinking about overdosing on drugs.

I have been sober for 1 year and I am thinking about going to the liquor store.

I have not used drugs for 6 months, but I'm stressed and thinking about using one more time.

I am thinking about using drugs for the first time.

I'm worried about my loved one/friend's mental health. I'm afraid she might hurt herself.

I am in emotional distress.



911

I have harmed myself. I am hurt or sick and need help.

I have an immediate plan to hurt or kill myself.

I'm afraid I might hurt myself or others.

Someone I know is threatening to hurt himself.

Someone I know is threatening to hurt someone.

I overdosed and I think I need medical attention.



211

I am struggling to feed my family and I need help getting food.

I cannot pay my utility bills and I need help.

I don't have anywhere to stay. Do I have to go to a shelter?

I cannot afford my mortgage and I am about to go into foreclosure.

I cannot afford my rent and my landlord is threatening to evict me.

I am going to lose my job if I cannot find affordable childcare.

I have been unemployed for a while and my benefits are about to run out.

There was a natural disaster and I cannot afford to repair my home.