

# Crisis is different for everyone. But you can always call 211.



211 connects you quickly to services. Call 211 or text 898-211 for:



## Phone Support

Local and National: Talk to a counselor or peer\* at any time—24 hours a day, 7 days a week



## Mobile Crisis

Support will come to you, wherever you are



## Community-based Crisis Programs

Walk in and meet with a counselor or peer\* or call ahead for respite care



## Drug and Alcohol Recovery Supports

Talk to someone who can support you on the phone or walk-in



## Emergency Room

The best choice when you need medical care or are unable to keep yourself or others safe

### \*Peer Support:

Sometimes it is easier to talk to people who have been through the same things. Peer Support Specialists or “Peers” have done well in recovery and now help others going through the same things. They can help support you and connect you to care.

Call 211 or scan QR code with smartphone for full service list

