

NEED TO TALK?

*Problems with alcohol or drugs?
Depression? Anxiety? Thoughts of suicide?*

Crisis can take many forms.

CALL MARYLAND'S HELPLINE

Reach out to talk with someone who cares.

*Available 24 hours/
7 days a week.*

**CALL 211,
PRESS 1**

or

TEXT US

*Text your
ZIP code to
898-211
(TXT-211).*



For more information, visit 211md.org.



Maryland
DEPARTMENT OF HEALTH