NEED TO TALL ?

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.

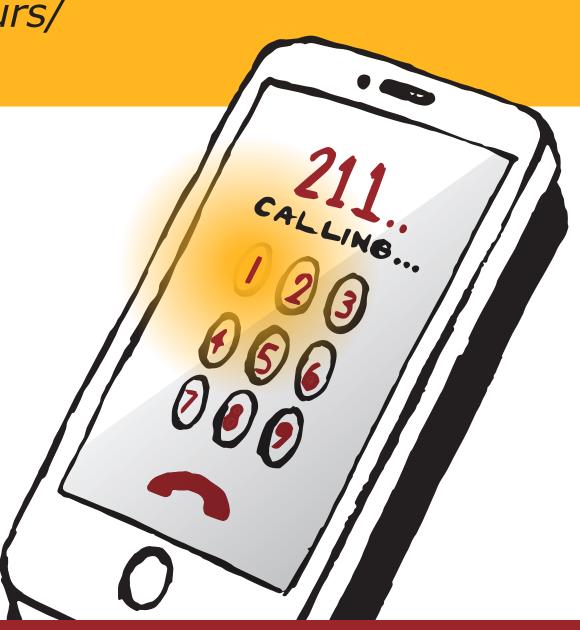
Available 24 hours/ 7 days a week.

CALL 211, PRESS 1

or

TEXT US

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



For more information, visit 211md.org.

