



**CALL 211, PRESS 1 or**  
**TEXT your ZIP code to**  
**898-211 (TXT-211).**

*211md.org*

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**211**  
Maryland

**Get Connected.  
Get Help.**



**MARYLAND**  
Department of Health

**NEED TO  
TALK?**

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

# CALL MARYLAND'S HELPLINE

*Reach out to talk with  
someone who cares.  
Available 24 hours/7 days a week.*



## CRISIS CAN TAKE MANY FORMS.

*211md.org*

### *Depression, Anxiety Thoughts of Suicide?*

- Experiencing mood or behavior changes?
- Feeling hopeless or trapped?
- Increasing use of drugs and alcohol?
- Thinking or talking about suicide or wanting to die?
- Withdrawing from friends and family?
- Feeling alone and isolated?

### *Substance Use Disorders?*

- Thinking a lot about drugs or alcohol?
- Trying to reduce or stop your drug or alcohol use but can't?
- Feeling like you can't have fun or fit in without drugs or alcohol?
- Using drugs or alcohol without knowing their effects on you?
- Hospitalized due to drug or alcohol use?

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