

Help is 3 Numbers Away



CALL 2-1-1

Community Resources

- Food
- Utility Assistance
- Healthcare Services
- Transportation
- Legal Services
- Housing/Homelessness
- Support Groups



CALL 9-8-8

Suicide and Crisis Lifeline

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress



CALL 9-1-1

Emergencies

- Medical
- Fire
- Crime
- Illegal Activity
- Domestic Violence

