

# 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

