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