

Who should I call?

988 SUICIDE & CRISIS
LIFELINE

24/7 CONFIDENTIAL HEALTH SERVICE

Reasons for calling 9-8-8 include, but are not limited to:

- Thoughts of Suicide
- Thoughts of harm to others
- Self-harm
- Feeling lonely or hopeless
- Relationship or family problems
- Experiencing mental health related distress
- Support for substance use disorders
- Worried about someone else
- Distress around sexual orientation
- Emotional Support
- Trouble thinking clearly
- Connection to mental health and substance use disorder services

If you or someone you know needs support, call or text 9-8-8 or chat via 988lifeline.org

or **TXTABOUTIT™**
Text during a crisis
660-246-4086



24/7 ACCESS TO TOOLS & RESOURCES TO HELP LOCATE CALLERS

Reasons for calling 9-1-1 include, but are not limited to:

- Imminent Danger
- Life Safety
- Suicide attempt made
- Self-harm requiring medical attention
- Crime in progress/ committed
- Believe someone is in danger
- Police/Medical/Fire Emergency

Text to 9-1-1 is available.
Call if you can, text if you can't.



Compass Health®
Network