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

NEED TO TALK?
Problems with alcohol or drugs? Depression? Anxiety? Thoughts of suicide?

CRISIS CAN TAKE MANY FORMS.
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?

TEXT your ZIP code to 898-211 (TXT-211).

CALL MARYLAND’S HELPLINE
Reach out to talk with someone who cares. Available 24 hours/7 days a week.

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