

Need help? **LET'S TALK.**

**24/7 access to confidential
advice & emotional support.**

SERVICES INCLUDE:

- Counseling and emotional support
- Suicide prevention and crisis intervention
- Help accessing mental health or substance use services
- Follow up to check that you have connected to care that is working for you
- Multilingual interpreters available

HERE  HELP
Hotline

410-433-5175