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

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

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?

211maryland Get Connected. Get Help.
MARYLAND Department of Health

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