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?

211 Maryland
Get Connected, Get Help.

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

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?

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