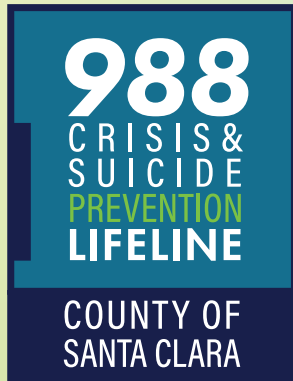


When to call



988 IS AVAILABLE 24/7

Reasons for calling 988 include, but are not limited to:

- thoughts of suicide
- experiencing mental health related distress
- worried about the mental well-being of a loved one
- emotional support

If you or someone you know needs support, call or text 988, or visit 988lifeline.org/chat. For substance use and mental health treatment services, call 800-704-0900.



24/7 ACCESS TO EMERGENCY SERVICES

Reasons for calling 911 include, but are not limited to:

- imminent danger
- crime in progress/committed
- suspicious activity
- believe someone is in danger
- police/medical/fire emergency

Text to 911 is available.
Call if you can, text if you can't.



When to call



TRUST

800-704-0900
press 1

This service offers 24/7, community-based mobile support and connection for people 18 and older in distress with **no active safety concerns**.

MRSS

(408) 379-9085

Available for **children and youth ages 4-20**. This service offers support for young people in acute psychological/emotional crisis.

MCRT

988

This service offers 24/7, mobile crisis support to people 18 and older who are experiencing a moderate to severe crisis needing a mental health evaluation.

Reasons to call for yourself or someone else:

- disoriented
- struggling with their mental health
- encountering suicidal thoughts
- dealing with extreme grief
- emotionally distressed
- intoxicated

Reasons to call for yourself or someone else:

- risk assessment
- crisis/safety planning
- referrals, linkage, and follow-up within 72-hours of contact
- hospitalization for further evaluation
- responds with law enforcement only when needed

