

# MENTAL HEALTH NAVIGATION GUIDE

## Who to call in different situations

Safe/At Risk



Call or text 2-1-1 anytime for free assistance with human, social, and basic needs, mental health or substance abuse resources and support, and for help during disaster situations.

Unsafe



Call 9-8-8 for access to trained crisis counselors when experiencing thoughts of suicide, mental health or substance use crisis or emotional distress to prevent a situation from becoming dangerous.

Danger



Call 9-1-1 to request immediate assistance from police, fire and rescue personnel for any in-progress situation that could potentially result in danger to someone's life.

