



## Crisis Lines

**If you or someone is being hurt or is in danger right now, call 911 immediately.**

**Mental Health Crisis/Suicide** 1-800-273-8255

**Alcohol and Drug Help Line** 1-800-923-4357

**Problem Gambling** 1-877-695-4648

**Military Helpline** 1-888-457-4838

**Youthline** 1-877-968-8491