



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

211md.org

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**Get Connected.
Get Help.**



MARYLAND
Department of Health

NEED TO TALK?

*Problems with alcohol or drugs?
Depression? Anxiety? Thoughts of suicide?*

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?

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