

Crisis & Recovery Resource Card

Numbers and personal supports to keep close when things get hard.

The numbers that matter, in one place, plus room for your own people. Print it and keep it close.

Get help now

988

Suicide & Crisis Lifeline. Call or text, 24/7. Free and confidential.

911

Immediate danger or medical emergency.

1-800-662-4357

SAMHSA National Helpline. Treatment referrals, 24/7.

findtreatment.gov

Search for licensed treatment near you.

My people

Sponsor / mentor

Therapist / counselor

Trusted person I can call anytime

Safe place I can go

One reason I am doing this

Write it here
