

Help Lines

Insert Location



Call 911 if you are in immediate danger

➔ **Call someone you trust to support you**

➔ **Call or text a crisis line**

Local/ Regional Services

Service Phone Number

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Service Phone Number

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Service Phone Number

➔ **Call police/other safety services**

Local/ Regional Services

Service Phone Number

➔ **Seek medical attention if needed**

Local/ Regional Services

Service Phone Number

➔ **Call anti-violence/violence prevention or victim services**

Local/ Regional Services

Service Phone Number

➔ **Call our pager**

Know that if you say -insert phrase- you will be offered an immediate, in person assessment in hospital.