**If you or a loved one are experiencing a mental health emergency:**

Call 988 is available 24/7, online chat, text or call.

Mobile Crisis: (888) 407-8018

LifeCrisis: (410) 749-4357 or text HOME to 741-741

Maryland's 24-hour hotline: 2-1-1

Dial 911 or go to the nearest emergency room.

**NOTES:**