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## In Crisis and Need Immediate Help Now?

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If you are in crisis and need immediate help, please do one of the following:

- Call 911.
- Report to your local hospital emergency room.
- Call the Lifeline Network toll-free at **1-800-273-TALK (8255)**.
- If you are a TTY user, please call Lifeline's TTY number: 1-800-799-4889.
- Para obtener asistencia en español durante las 24 horas, llame al 1-888-628-9454.

Lifeline is a free, 24-hour, mental health crisis hotline to assist anyone in emotional distress or suicidal crisis. The Lifeline Network is staffed with crisis counselors 24 hours a day, seven days a week. The hotline provides free, confidential assistance:

- For anyone who feels sad, hopeless, or suicidal.
- For anyone who requires *immediate* mental health treatment.
- For family and friends concerned about a loved one.



*If you are not in immediate crisis, please contact BAC MAP toll-free at 1-888-880-8222. Calls generally are accepted from 8 a.m. to 8 p.m. EST, Monday through Friday. Note: If you call after hours, please press "0" to leave a **confidential** message for a return call from MAP's licensed mental health professional.*