

Size of Crisis Cards: business card size (2 inches high by 3.5 inches wide)

You Are Not Alone. Help Is Available.



Crisis Hotline (24/7): 988

Crisis TextLine (24/7): Text 4HOPE to 741741

**Firelands HopeLine (8am - Midnight):
567-867-HOPE**

**Mobile Crisis Response Team (M-F, 9am - 5pm):
419-552-1254**

To be linked with local treatment
services, visit www.hcbmhas.org
or scan the QR code.

