

***Concerned by suicidal behavior  
in yourself or a loved one?***



**DIAL<sup>or</sup>  
TEXT  
988**

***IT'S NEVER TOO LATE.***

***Counselors available to listen, talk  
and offer help.***

- ***Confidential***
- ***Available 24/7***
- ***Call or text***
- ***Crisis resources***

**LIVE UNITED**



United Way  
of Rock River Valley

*Looking for critical resources?*

**DIAL  
211**



Get Connected. Get Help.™

***WHEN YOU NEED  
SOMETHING DONE.***

***Get help finding:***

- ***Rent/utility assistance***
- ***Medical help/doctor***
- ***Homeless shelters***
- ***Legal help***
- ***Childcare***
- ***Food***

**LIVE UNITED**



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