Help is 3 Numbers Away

Call for Suicide Intervention and Crisis Support

Call 988

- Thoughts of Suicide
- Mental Health Crisis Support
- Substance Use Crisis
- Emotional Distress

Call for Information and Community Resources

Call 211

- Housing & Shelter
- Utility Assistance
- Food
- Healthcare Services
- Childcare
- Transportation
- Government Services

Call for Emergencies

Call 911

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Domestic Violence
- Life Threatening Situation

211 Illinois

UNITED WAY Rock River Valley