

HELP IS A PHONE CALL AWAY.

988

SUICIDE
& CRISIS
LIFELINE

Concerned by suicidal behavior
in yourself or a loved one?

DIAL or TEXT 988
IT'S NEVER TOO LATE.

*Counselors available to listen,
talk and offer confidential
help 24/7.*

2·1·1

Get Connected. Get Help.™

DIAL 211
WHEN YOU NEED SOMETHING DONE.

Get help finding:

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

LIVE UNITED



United Way
of Rock River Valley

FREE and Confidential | **BOTH
24/7**

Helplines funded by United Way