FaithHavens

EDUCATIONAL BROCHURE

Crisis and Emergency Resources

Help is available right now.

For everyone — keep a copy where you can find it

Medical emergency or immediate danger

Call 911 or go to the nearest emergency department — including for a suspected overdose.

Mental health or substance-use crisis

Call or text 988, or chat at 988lifeline.org, to reach the 988 Suicide & Crisis Lifeline. Free, confidential, 24 hours a day. Spanish-language support is available.

Other national lines

- Veterans Crisis Line — dial 988, then press 1, or text 838255.
- Crisis Text Line — text HOME to 741741.
- Poison Help — 1-800-222-1222, 24/7.
- SAMHSA National Helpline — 1-800-662-4357, for treatment referrals.

Helping someone in crisis

- Stay with them if it is safe, and remove access to means of harm.
- Ask directly whether they are thinking about suicide. Asking does not put the idea in their head.
- Call or text 988 together, or call 911 if they are in immediate danger.
- For a suspected opioid overdose, call 911 and give naloxone if available.

Please note

FaithHavens is not an emergency service. Please do not use our website, email, or social media to request emergency help.

LEARN MORE

faithhavens.com

The information on this website is for general educational purposes only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified health professional. Using this website or contacting FaithHavens does not create a physician–patient, therapist–client, or other professional relationship.

FaithHavens shares general educational information about mental health, substance use, and faith-informed recovery. This website does not provide medical care, clinical treatment, or emergency services. Clinical treatment, medical care, and emergency services are provided only by appropriately authorized professionals and facilities.

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