

# Help is 3 Numbers Away

9:88  
**Call for Suicide Intervention  
and Crisis Support**

**Call  
988**

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

2:11  
**Call for Information and  
Community Resources**

**Call  
211**

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

9:11  
**Call for Emergencies**

**Call  
911**

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

**211**

Illinois