



# BEHAVIORAL HEALTH IMMEDIATE RESOURCES

**These resources provide trained and compassionate individuals to support you during the COVID-19 response or any emotional crisis. These individuals will provide information and help to link you to mental health and substance use services.**

## **Office of Behavioral Health's Keep Calm Line**

1-866-310-7977 | All calls confidential | Available 24/7

## **Office of Behavioral Health's Behavioral Health Recovery Outreach Line**

1-833-333-1132 | All calls confidential | Available 24/7

*For healthcare professionals and individuals in recovery*

## **National Suicide Prevention Lifeline**

1-800-273-8255 (veterans press 1)

En Español: 1-888-628-9454

Deaf / hard of hearing: 1-800-799-4889 for TTY

[www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)

## **CrisisText Line**

Text REACHOUT to 741741 | All calls confidential | Available 24/7