

Walk to Fight Suicide



American
Foundation
for Suicide
Prevention



It is important to be proactive about your mental health during uncertain times. If you or someone you know is struggling, please use this information to seek help.

You are not alone. We are in this together.

National Resources

American Foundation for Suicide Prevention
afsp.org/covid-19

National Suicide Prevention Lifeline
[1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

Crisis Text Line
[Text TALK to 741-741](text:TALK)

The Trevor Project (LGBTQ Crisis Line)
[1-866-488-7386](tel:1-866-488-7386)

Seize the Awkward
seizetheawkward.org

My3 (safety planning app)
My3app.org, or download on **Android & iOS**

Local Resources

211 Maryland Helpline
[211](tel:211) or text your zip-code to **898-211**

Sheppard Pratt
www.sheppardpratt.org/coronavirus/

NAMI Maryland
namimd.org

Maryland Coalition of Families
mdcoalition.org

Mental Health Association of Maryland
mhamd.org

On Our Own Maryland
onourownmd.org

There is HOPE App
grassrootscrisis.org/services/there-is-hope-app

House of Ruth MD – Domestic Violence
hruth.org or **410-889-7884**

**Many employers offer Employee Assistance Plans through which members can access mental health services. Check with your company's Human Resources contact for information on what is available to you.

Find a community of support. Join us for our annual
Havre de Grace Out of the Darkness Walk

Saturday, October 3rd | Tydings Memorial Park
Learn More and Register for Free: afsp.org/HavredeGrace
Social Media: [@afspmaryland](https://twitter.com/afspmaryland)



American
Foundation
for Suicide
Prevention

Maryland