



# Find. Hope. Here

## 988 is here to help

When life gets tough, sometimes it can feel like there is no way out. But things can get better.

And we can help.



Available  
24 hours a day



Free and  
confidential



Calls are answered  
immediately



Staffed by mental  
health specialists



Safe and  
supportive care

The Here2Help Hotline is now easier to reach. Starting July 16, you can still dial 410-433-5175 for emergency emotional support – or simply call 988.

CALL  
988  
We're here to help



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