

# It's OK to Not Be OK

If you are in a crisis or concerned about a loved one, call or text the National Suicide Prevention Lifeline at

**988**

For Veterans, press "1"



To be connected with resources, just dial 211. Visit [www.211-broward.org](http://www.211-broward.org) for an online portal of community resources

Help is available for all people impacted by suicide. There are many services ready to help prevent suicide, support those thinking about suicide, assist those who are concerned about someone at risk of suicide, and support survivors after a loss.



# Help is three numbers away.

**211**

## **NON EMERGENCIES**

Food  
Housing  
Utility Assistance  
Healthcare Services  
Transportation  
Legal Services  
Counseling

**988**

## **SUICIDE AND CRISIS**

Thoughts of Suicide  
Mental Health Crisis  
Substance Abuse Crisis  
Emotional Distress  
Veterans Crisis

**911**

## **911 EMERGENCIES**

Medical  
Fire  
Crime  
Abduction  
Domestic Violence  
Impaired Driving  
Suspicious Activities