



# IMPORTANT NUMBERS



Medical Emergency

**911**

▶ Call or Text



Suicide and Crisis Line

**988**

▶ Call or Text



Disaster Distress Helpline

**1-800-985-5990**



Poison Help Hotline

**1-800-222-1222**



National Domestic  
Violence Hotline

**1-(800)  
799-SAFE (7233)**

▶ Call or Text "Begin" to **88788**



American Red Cross

**1-(800) RED CROSS**

▶ Text "Red Cross" to **90999**