

WHERE TO GO IF YOU NEED HELP NOW

➔ I'M THINKING OF HURTING MYSELF

Call Crisis Support (1-800-309-2131) or the Spanish Lifeline (1-888-628-9454)

➔ I NEED HELP WITH FOOD AND SHELTER

Call 2-1-1 for help in Alameda County

➔ I NEED TO EXCHANGE NEEDLES, PREVENT OVERDOSE, OR GET A WOUND CHECKED OUT:

HEPPAC provides a safe space as well as harm reduction services
Drop-In Center (5323 Foothill Blvd., Oakland) |

heppac.org/heppac-drop-in-center

Syringe Access (several locations) | heppac.org/syringe-access-program

WHERE TO GO IF YOU'RE READY FOR WHAT'S NEXT

➔ I WANT TO GET MENTAL HEALTH AND/OR SUBSTANCE USE SERVICES

Call the ACCESS Program (1-800-491-9099) for screening & referrals
Call the Helpline (1-844-682-7215) for substance use treatment

➔ I WANT TO GET SUPPORT FROM OTHERS AT A 12-STEP MEETING:

Call Narcotics Anonymous (510-444-HOPE) | 444hope.org

Go to Alcoholic Anonymous | eastbayaa.org/meetings and select Spanish

➔ FEELING OVERWHELMED AND NEED TO TALK TO SOMEONE ABOUT WHAT'S HAPPENING?

Call or text the California Youth Crisis Line, 24 hours a day, 7 days a week **(1-800-843-5200)**

You Are Worthy of
What You Need



IN YOUR
CORNER