

WHERE TO GO IF YOU NEED HELP NOW

- ➔ **I'M THINKING OF HURTING MYSELF**
Call Crisis Support Services of Alameda County (1-800-309-2131)
- ➔ **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:**
Tuesdays: 6:00 pm – 8:00 pm: **(Fruitvale)** E:12th and 23rd Ave.
Thursdays: 6:00 pm – 8:00 pm: **(Deep East Oakland)** 100th and Pearmain St.
HEPPAC (510-692-2643)

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)

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

- ➔ **I WANT TO GET MENTAL HEALTH AND/OR SUBSTANCE USE SERVICES**
Alameda County's Mental Health ACCESS Program (1-800-491-9099)
Alameda County Substance Use Referral Helpline (1-844-682-7215)
- ➔ **I WANT TO GET SUPPORT FROM OTHERS AT A 12-STEP MEETING:**
Narcotics Anonymous Meeting Finder: <https://www.na.org/meetingsearch/>
Alcoholics Anonymous (Call our 24-Hour A.A. Hotline at 510-839-8900)

**IN YOUR
CORNER**

**RECOVERY
IS REAL**

