

IF YOU NEED **HELP**, CALL:

1-800-203-7001

ORR National Call Center

If you are in immediate danger, call 9-1-1

If you are experiencing a mental health crisis, call 9-8-8

If you experience any of the following, we are here to help:

- Someone is hurting you or making you feel bad
- Difficulty finding help
- Feeling very sad or unwanted
- Someone is keeping you away from food, shelter, school, or medicine
- Family problems
- Difficulty with court
- Trouble feeling safe and happy
- Kids being mean to you at school
- You are angry or hurting
- Nowhere to sleep
- Trouble finding your paperwork
- Someone is forcing you to do something that makes you feel uncomfortable
- Someone is touching you in a way you don't like or makes you do things that make you uncomfortable