PRINTING INSTRUCTIONS **Cut this strip off after printing.**

1. Print. Use Letter paper (8.5 × 11 in) and print both pages of this PDF. Choose **Actual size** or **100%**. Do not choose Fit or Shrink.

2. Two-sided. Turn on **Print on both sides** and choose **Flip on long edge**. Page 1 is the front, page 2 the back. No duplex? Print page 1, put the sheets back with the top edge in the same place, then print page 2. Test one sheet first.

3. Cut. Cut off this strip on the dashed line. Then cut along the dashed lines to make 4 cards. Cut the front side so the backs line up.

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Free. Confidential. Any hour.

Need help? Start here.

911 — Emergency or overdose

988 — Crisis or suicide. Call or text. Spanish: press 2

211 — Shelter, food, rent, bills

More hotlines

Domestic violence	**1-800-799-7233**
Birmingham Crisis Center	**205-323-7777**
Drug and alcohol help	**1-800-662-4357**
Veterans Crisis Line	**988, press 1**
LGBTQ+ youth (Trevor Project)	**1-866-488-7386**
Crisis Text Line	**text HOME to 741741**
Free legal help (Alabama)	**1-866-456-4995**
Child abuse (Childhelp)	**1-800-422-4453**
Human trafficking	**1-888-373-7888**
Poison control	**1-800-222-1222**

Scan for help in your county

Housing, food, rent and power help, recovery, veterans, legal aid and Spanish-language help for all 67 Alabama counties.

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BACK SIDE **Cut this strip off after printing. Nothing to cut here.**

This strip prints on the back too. That keeps the backs lined up with the fronts.

Backs upside down? Your printer flipped on the short edge. Print again with **Flip on long edge**.

Cut from the front. Use the dashed lines on the front side. Every card has the same front and back.

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Take one. Pass one on.

How to help someone in crisis.

1. Ask. Ask directly: "Are you thinking about suicide?" Asking does not plant the idea.

2. Keep them safe. Remove or secure anything they could use to hurt themselves. Do not leave them alone if they are in danger.

3. Be there. Listen without judging, arguing or fixing. Let them talk.

4. Help them connect. Call or text 988 together, or help them reach a doctor, counselor or someone they trust.

5. Follow up. Check in the next day and the next week. Staying in touch protects people.

Warning signs

Talking about death or being a burden. Hopelessness. Pulling away from people. Giving things away. Using more alcohol or drugs. Sudden calm after a hard stretch.

Overdose or danger

Call 911 first. Give naloxone (Narcan) if you have it. Stay with the person until help arrives. Do not promise to keep a safety risk secret.

Work with the br project

Quick guide. A one-page guide with your logo and ours to hand out. Free for anyone to use.

Training class. Teach your team or group to help people in crisis. A fee applies. Reach out to inquire.

Donate. Your gift keeps the resources free. Visit thebrproject.org/donate.

Brentle Roberts, Founder
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