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.

Call or text. Right now.

911 — **Emergency or overdose**
Police, fire, ambulance

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

211 — **Shelter, food, rent, bills**
Local help in Alabama

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	**1-866-488-7386**
Crisis Text Line	**text HOME to 741741**

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Local help in 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.

Five ways to help someone in crisis.

1 Ask
Ask directly if they are thinking about suicide. Asking does not plant the idea.

2 Keep safe
Secure anything they could use to hurt themselves. Stay with them if they are in danger.

3 Be there
Listen. Do not judge, argue or try to fix it.

4 Connect
Call or text 988 together, or reach a doctor, counselor or someone they trust.

5 Follow up
Check in the next day and the next week.

! Overdose
Call 911. Give naloxone (Narcan) if you have it. Stay until help arrives.

Know the signs: talk of death or being a burden, hopelessness, pulling away, giving things away, more drinking or drug use.

Scan for help in your county
Housing, food, rent and power help, recovery, veterans, legal aid and Spanish-language help.

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