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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Teach your team or group how to help someone in crisis.
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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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Need help? Start here.

911	988	211
Emergency or overdose	Crisis or suicide. Call or text. Spanish: press 2	Shelter, food, rent, bills

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**
Free legal help (Alabama)	**1-866-456-4995**

Scan for help in your county

Local help in all 67 Alabama counties, plus resources for veterans, LGBTQ+ youth, legal aid and Spanish speakers.

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