



# 24-Hour Crisis Hotlines

## **Eastern Shore Operations Center (ESOC) 1-888-407-8018**

Serves as the behavioral health emergent, urgent information and referral call center for all nine counties of the Eastern Shore: Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot, Wicomico and Worcester Counties. ESOC is available 24 hours a day, 7 days a week to assess and respond to calls from consumers, family members, community members, businesses and human services agencies. ESOC staff provides linkage to community resources through referral to all appropriate and existing behavioral health and human services.

## **Suicide Hotline 1-800-273-TALK (8255) or 1-800-SUICIDE (784-2433)**

Provides counseling for suicide prevention.

## **Life Crisis Center Hotline 410-749-HELP**

Provides counseling for victims of domestic violence or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral, medical care, and assistance with the process of prosecution.

## **Maryland Crisis Connect – Dial 211 & Press 1**

Crisis intervention, support and referrals.

## **Maryland Crisis Online Chat [www.Help4MDYouth.org](http://www.Help4MDYouth.org).**

Available Monday – Friday, 4pm - 9pm. If you are in immediate crisis and a chat specialist is unavailable, please call the Maryland Crisis Hotline at 1-800-422-0009, or if you are not in Maryland, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

## **For All Seasons, Inc. Hotline 1-800-310-7273 Spanish Hotline 410-829-6143**

Counseling, advocacy, and education to victims of rape, sexual assault and abuse.

## **Mid-Shore Council on Family Violence 1-800-927-4673**

Provides direct services for victims of family violence including a 24-hour hotline, crisis intervention, counseling, support groups, emergency shelter, client advocacy, children's program, court accompaniment, information and referral.

## **Postpartum Depression (PPD) Hotline 1-800-PPDMOMS (773-6667)**

Provides peer support and referrals for mothers suffering from postpartum depression.

## **Problem Gambling Helpline 1-800-GAMBLER (426-2537)**

The Maryland Center of Excellence on Problem Gambling provides support for those struggling with a gambling addiction.

## **Trevor Project Crisis Line 1-866-488-7386**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Visit [www.thetrevorproject.org](http://www.thetrevorproject.org) for more information on TrevorChat and TrevorText - trained volunteer counselors are ready to listen.

## **Veterans Crisis Lines 1-800-273-8255, Press 1 or 1-877-VET2VET (838-2838)**

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline.

VET2VET is a confidential connection which utilizes trained peer veterans ready to provide hope and help 24 hours a day, 7 days a week. In addition, the peer counselor will help the soldier or veteran navigate the often-complex VA system to access the mental health resources that are being sought.