## **Crisis Line**

Call Toll Free: 844-423-8759

(Tohono O'odham Nation-dedicated line)

Help is at **no cost** to you and **confidential**.



Do you need to talk to someone right now?

Do you feel like hurting yourself or someone else?

Do you have questions or need help with behavioral

health services?

We are here to listen 24 hours a day, 7 days a week!



This dedicated crisis line number serves the Tohono O'odham Nation

