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**Grassroots Crisis Intervention Center** – 410-531-6677

<https://www.grassrootscrisis.org/>

**Maryland Help Line** – Dial 2-1-1, Press 1, visit <https://211md.org/>, or text your zip code to 98-211

**Crisis Text Line** – text HOPE to 741741

**National Suicide Prevention Lifeline** – 1-800-273-8255 or visit

<https://suicidpreventionlifeline.org/>

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

**American Foundation for Suicide Prevention** - <https://afsp.org/get-help>

**NAMI Howard County** – 410-772-9300 or visit

<https://namihowardcounty.org/>

**Bureau of Behavioral Health** – 410-313-6200 or visit

<https://www.howardcountymd.gov/get-help>

**Howard County Public Schools** – 410-313-6600

<https://www.hcpss.org/supports/mental-health-wellness/>

**My 3 App** - <https://my3app.org/> for safety planning