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Behavioral Health Administration



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# Getting Help


Maryland has a new way to connect to local behavioral health crisis services.

Calling 988 will connect callers directly to the National Suicide & Crisis Lifeline which encompasses all behavioral crisis services, to include all mental health and substance use (problems with drug and alcohol use). [Learn more.](#)



For mental health, drug and alcohol use and suicide prevention support.

# Call or text 988



If you are in IMMEDIATE DANGER of hurting yourself or someone else, please call 911.

How do you know if you, or a loved one, needs mental health help?

- Difficulty coping with daily life
- Feeling sad, stressed or worried
- Not sleeping or eating well

How do you know if you, or a loved one, needs substance use disorder help?

- Feeling that you have to use alcohol or drugs regularly — this can be daily or even several times a day
- Over time, needing more alcohol or drugs to get the same effect
- Making certain that you maintain a supply of alcohol or drugs
- Spending money on alcohol or drugs, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of alcohol or drug use
- Driving or doing other risky activities when you're under the influence of alcohol or drugs
- Failing in your attempts to control or stop using alcohol or drugs
- Experiencing withdrawal symptoms when you attempt to stop taking alcohol or drugs

For more information on mental health and substance use disorders, please click [here](#).

If you are looking for information or help with problem gambling, please click [here](#).

If you are a veteran looking for help, please click [here](#).

[Substance Use and Mental Health Services in Maryland](#)

[Center on Problem Gambling](#)  
Help Line - 1-800-Gambler

[SAMHSA'S Treatment Locator](#)

[Local Behavioral Health Offices](#)

[Maryland's Commitment to Veterans](#)

[Suicide Prevention](#)

## INFORMATION