

# Reasons to Call

If you are having a Mental Health Crisis or are experiencing the following, please call.

- Feeling stressed, irritable, anxious overwhelmed
- Experiencing sadness or depression
- Concerned about alcohol or drug use
- Having trouble expressing your emotions
- Just need someone to talk to about what you're going through
- Feel like you have not one else to talk to about the mental and emotional distress you're feeling

## Numbers to Call:

### **Egyptian Health Department**

Crisis (8am-4pm Monday-Friday) **618.273.3326**

After Hours **618.252.8661** or **618.926.2406**

### **988 Suicide and Crisis Lifeline**

988

### **CARES Hotline**

Youth, ages 3-20 **1.800.345.9049**

