



## Dial 2-1-1

24-hour health and human services information for **Jefferson, Lewis, Onondaga, Oswego and St. Lawrence** counties

Access our database at  
**211cny.com**

*Get Connected, Get Answers!*

- Housing & utilities
- Family services
- Food
- Mental health
- Substance abuse
- Health
- Transportation
- Finances
- Household items
- Disaster
- Legal
- Employment
- Education
- Government
- Military
- Holiday assistance

**Dial 211 or visit 211cny.com**



Answered by Contact Community Services, Inc.

*Let's talk about it.*

## The CONTACT Hotline

Counseling, crisis, suicide hotline

**315-251-0600**

*In Cayuga County: 877-400-8740*

**Crisis Chat: [contactsyracuse.org](http://contactsyracuse.org)**

*Check website for hours*



### Suicide Warning Signs

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or trapped or being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; displaying extreme mood swings
- Sleeping too little/too much
- Withdrawing/isolating oneself
- Showing recklessness or rage