

Inspiring

Hope

*“I didn’t think anyone cared, until I called the Crisis Line.”*



**CRISIS LINE** 24/7/365

**602.222.9444**

[crisis.solari-inc.org](https://crisis.solari-inc.org)



# EVERYONE faces a crisis some time.

**When life gets overwhelming,  
it's easy to think nobody cares.**

**WE'RE HERE TO HELP.  
WE LISTEN. WE CARE.**

You're not alone. Sometimes all it takes is a conversation with somebody else to help you see past your current pain to future solutions. Our highly-trained crisis specialists take the time to understand what is going on and help you through your crisis.

## The first thing we do is listen...

We never judge you or your concerns. Everyone has problems that can seem overwhelming. Whatever you're going through, we're here to help.


We can send help to meet you where you are. We can get you to a safe place. We can connect you to community resources.

Whether you need help for yourself, or are concerned about a friend or family member, we're here for you.



## EVERY CRISIS IS UNIQUE:

- Do you ever think about hurting yourself or others?
- Are you thinking about using drugs or alcohol?
- Are you having trouble with a boyfriend or girlfriend?
- Is there a problem with your family?
- Are you spending less time with friends?
- Have you lost focus on your schoolwork?
- Are you sleeping too much?
- Are you obsessed with social media?

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For medical, police or fire emergencies call **911**.





**Free, immediate and confidential support for you or someone you love.**

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**24 hours a day, 7 days a week,  
365 days a year**

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**TOLL FREE: 800.631.1314**

**TTY/TDD: 800.327.9254**



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The agency is accredited by:



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