

# NEED SOMEONE TO TALK TO?

If you're in crisis,  
there are options  
available to  
help you cope.  
Everyone needs  
help sometimes,  
reach out and  
talk to someone  
**NOW.**



## Substance Abuse & Mental Health Services

SAMHSA's National Helpline:

(800) 662-HELP (4357)

<https://findtreatment.samhsa.gov/>

Inside Wiremen, Material Handler  
(Active and Retired):

Beat It! (800) 828-3939

<https://www.beatiteap.com/>

City and County of San Francisco Employees:

(628) 652-4600

<https://sfhss.org/eap>

SFMTA Employees:

(800) 834-3773

<https://www.claremonteap.com/>

Sound and Communications:

(877) 225-2267

<https://soundcommbenefits.com/health-welfare/benefits/optumhealth-mental-health/>

## Additional Resources:

24-Hour National Suicide & Crisis Hotline:

(800) 273-TALK (8255)

<https://suicidepreventionlifeline.org/>

National Sexual Assault Hotline :

(800) 656-HOPE (4673)

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

National Domestic Violence Hotline :

(800) 799-7233

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

If you are having a  
psychiatric emergency,  
please call 911  
or  
go to your nearest  
hospital emergency room.