**If you are in immediate crisis and one of the following applies to you**

* You feel you are in immediate danger of harming yourself
* You feel you are in immediate danger of harming someone else
* You have recently been assaulted or had a traumatic experience

**Please do one of the following:**

* Call 911 – you will be connected with the police who can help you get emergency services
* Call the Starcare Crisis Team (806-740-1414)
* Go to your local emergency room