

**When can I call or  
Instant Message Dial  
Help?**

When you feel:

*Depressed*

*Anxious*

*Sad*

*Lonely*

*Confused*

*Hopeless*

*Frustrated*

*Overwhelmed*

*Trapped*

*Helpless*

*Exhausted*

*Angry*

*Hurt*

*Afraid*

*Grief*



*Everybody needs help  
sometimes*

*Dial Help! Toll-free*

**(800) 562-7622**

*or Instant Message at*

***www.dialhelp.org***



**Funded Partner**

**Dial Help Inc.**

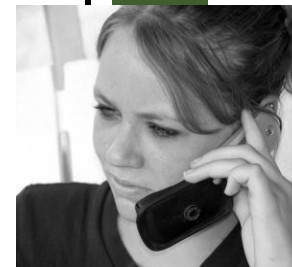
**Crisis Intervention Hours 9am—2am Daily**

609 Shelden Avenue  
Houghton, MI 49931  
Non-Emergency (906) 482-9077  
Fax (906) 482-2502



**Crisis  
Helpline**

*Need to Talk?  
Need Support?  
Dial Help!  
Two Ways...*



**New!  
ONLINE  
LIVE CHAT**

**[www.dialhelp.org](http://www.dialhelp.org)**

**(906) 482-HELP**

**(800) 562-7622**

## Free & Confidential

All calls and instant messages to Dial Help are free and confidential. Dial Help understands and safeguards the importance of privacy in our small Upper Peninsula communities.

## Information & Referral

In addition to offering a listening ear, Dial Help also believes in connecting persons with resources and to that end maintains an extensive database of local resources across the Upper Peninsula.

## Non-Judgmental

Dial Help is here to help not to judge. Dial Help meets people emotionally where they are and are accepting of all regardless of disability, ethnicity, gender, financial means, and Dial Help does not discriminate. Dial Help has access to translators via a language line, has a TTY for the hearing impaired, and has in house brochures in Braille.

## What is a Crisis?

A crisis, in its simplest form is when life overwhelms us. A crisis is not necessarily exposure to a traumatic event, while it can be related to trauma such as a sexual assault, a suicide, or substance abuse, it can also be loss of a job, loss of a loved one, stress from college, or a need to talk about a troubled relationship.

The Dial Help Helpline is not 911, you don't have to be in a life threatening situation to utilize the helpline. Only that you need a confidential, non-judgmental person to talk to.

## Free Live Chat is Here!

Instant Messaging Crisis Intervention has come to Dial Help. Just by visiting [www.dialhelp.org](http://www.dialhelp.org) and clicking on the "Live Chat," button you can chat via Instant Messenger with a Crisis Worker.

**LIVE CHAT**  
**CRISIS INTERVENTION**  
**(CLICK HERE)**

## Everybody Needs Help Sometimes!

40 years ago concerned folks in the upper peninsula recognized a need for a crisis intervention center to provide assistance to their yooper neighbors in emotional crisis, thus Dial Help was born.

Life has its up and downs and personal support and understanding are essential for all at times. Dial Help offers someone to listen, to collaboratively problem solve with and offer information and referral when requested. Our philosophy is to help people help themselves, and to help move people from one moment to another when it doesn't seem easy.

## Common Issues

Family Concerns  
Loneliness/Isolation  
Mental Illness  
Substance Abuse  
Victimization  
Financial Concerns  
Information and Referral  
Suicide  
Sexual Assault  
Grief and Loss  
Anxiety and Depression  
Relationship Concerns

## Dial Help is a...



...Collaborative Call Center