RECOVERY FAMILIA
MORE THAN RECOVERY. WE'RE FAMILY.

U.S. RECOVERY RESOURCES

Find help. Make the first call.

Keep this sheet for yourself or share it with someone who asks where to start.

Emergency or suspected overdose — **911**

Call immediately if someone may be overdosing or is in immediate danger.

Emotional distress or thoughts of suicide — **988**

Call or text 988 to reach a crisis counselor, any time of day or night.

Addiction treatment referrals — **1-800-662-4357**

SAMHSA offers 24/7 treatment referrals and information in English and Spanish.

Housing, food and local services — **211**

Ask what help is available in your community.

WHAT YOU CAN SAY

"I'm looking for help with alcohol or drug use. Can I get an assessment? If you're full, who should I call next?"

IF YOU'RE HELPING SOMEONE ELSE

Ask what would help today. Offer to sit with them during a call, look up options together, or help with a ride if they want one.

CURRENT NUMBERS AND GUIDES

Scan or visit the directory for current numbers, text options, and services by topic. The treatment guide includes questions to ask and what to do if a program is full.

recoveryfamilia.com/resources/helplines/

recoveryfamilia.com/resources/find-treatment/