



UNITE

Against SUD Stigma

NATIONAL RESOURCES

▶ **Call 2-1-1**

Will connect you with a trained individual who can guide you to resources on issues ranging from troubles with housing and shelter, rent payments, employment and education, income assistance, food and meal assistance, legal assistance, health and dental care, mental health, help with clothing and household items, substance use programs, transportation and reentry to society, family care and more. <https://www.211.org/>

▶ **Crisis Text Line**

Serves anyone, in any type of crisis, providing access to free, 24/7 support via mediums people already use and trust (text, WhatsApp, and online chat). Text HOME To 741741 free, 24/7 Crisis Counseling. <https://www.crisistextline.org/>

▶ **Findtreatment.gov**

A confidential and anonymous resource for persons seeking treatment for mental health and substance use disorders in the United States and its territories. <https://findtreatment.gov/>

▶ **Nar-Anon Family Groups**

Groups primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. You can find a local meeting and learn more here: www.nar-anon.org

▶ **NEXT Distro**

An online and mail-based overdose prevention service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs. <https://nextdistro.org/>

▶ **Parents of Addicted Loved Ones (PAL)**

Provides hope, through education and support, to parents, spouses or family of addicted loved ones. There are meetings all across the country. <https://palgroup.org/>

▶ **SAMHSA's National Helpline: 1-800-622-HELP**

A free and confidential 24/7/365 information service provided in English and Spanish for individuals and family members facing mental health challenges and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.