

ADDICTION AND RECOVERY RESOURCES

If you are unable to locate Addiction and Recovery Resources for your country or location, please see the full list of Mental Health resources on missedie.com/codepurple or reach out to a member of the team for assistance.

- **United States-** 911 is the national emergency number in the United States
 - **American Addiction Centers (8669281287)** American Addiction Centers offers free and confidential guidance to those suffering from addiction. Visit <https://americanaddictioncenters.org/rehab-guide/alcohol-drug-hotline>
 - **National Drug Helpline** is open to any individual dealing with addiction issues, including family members and other loved ones. Resources are available for those struggling with any addictive substance, including alcohol, and professionals are available to help 24/7/365 at **1-844-289-0879**.
 - **The National Institute of Mental Health Information Resource Center** hotline helps people suffering from mental illness find the resources they need to get treatment, including crisis intervention. Services are available in English and Spanish at **1-866-615-6464** or **1-866-415-8051** for TTY users. Live help is limited to regular hours, though online chat is also available.
 - **Partnership for Drug-Free Kids 1-855-378-4373**, Parents and other caregivers can reach out to be connected with information and assistance dealing with children's addiction issues. Live services are available during regular hours only, but concerned guardians can reach the hotline by email and by text.
 - **The Substance Abuse and Mental Health Services Administration (SAMHSA)** operates a 24/7/365 hotline that refers callers to mental health and substance abuse resources in their area. All programs recommended by SAMHSA meet federal guidelines for assisting people with mental health and addiction disorders, and all inquiries are kept strictly confidential. Spanish services are available, as are English services, by calling **1-800-662-HELP (4357)**, or **1-800-487-4889** for TTY users. SAMHSA also operates an online treatment locator tool people can use to find addiction and mental health assistance nearby.
 - <https://www.addictionsandrecovery.org/addiction-recovery-links.htm>
- **Canada-** 911 is the national emergency number for Canada
 - <https://www.addictionsandrecovery.org/addiction-recovery-links.htm>
 - **Addictions Treatment Helplines**
 - **Alberta (Addiction Helpline, Alberta Health Services)**
1-866-332-2322
 - **British Columbia (Alcohol and Drug Information and Referral Service)**
1-800-663-1441
604-660-9382
 - **Manitoba (Addictions Foundation of Manitoba)**
Adult services: 1-855-662-6605

Youth services: 1-877-710-3999

204-944-6200

- **New Brunswick (Addiction Centres, Department of Health)**
506-674-4300
 - **Newfoundland and Labrador (Addictions Services, Department of Health and Community Services)**
1-888-737-4668
709-729-3658
 - **Northwest Territories (Department of Health and Social Services)**
1-800-661-0844
867-873-7037
 - **Nova Scotia (Mental Health and Addictions Services, Nova Scotia Health Authority)**
1-888-429-8167
 - **Nunavut (Kamatsiaqtut Help Line)**
1-800-265-3333
867-979-3333
 - **Ontario (ConnexOntario)**
1-866-531-2600
 - **Prince Edward Island (Addiction Services, Health PEI)**
1-888-299-8399
902-368-4120
 - **Quebec (Drugs: help and referral)**
1-800-265-2626
514-527-2626
 - **Saskatchewan (HealthLine, Ministry of Health)**
811 or 1-877-800-0002
306-766-6600
 - **Yukon (Mental Wellness and Substance Use Services, Health and Social Services)**
1-866-456-3838 (for Yukon, Nunavut and NWT)
867-456-3838
- **United Kingdom-** 999 and 112 is the national emergency number in the United Kingdom
 - **Addiction Helper- 0800 915 9400** addictionhelper.com
 - **<https://www.smartrecovery.org/>** SMART RECOVERY A mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.
 - **<https://www.addictionsandrecovery.org/addiction-recovery-links.htm>**
 - **Life Works** Treatment enquiries: **0808 256 8252** International callers: **+44 (0)1483 610 876** <https://www.lifeworkscommunity.com/addiction-treatment/guide-to-uk-free-addiction-helplines>
 - **DrinkLine** Call: **0300 123 1110** Provides a free, confidential helpline for people who are concerned about their drinking, or someone else's.

- **DrugFam** Call: **0300 888 3853** Provides a lifeline to families, friends, and partners affected by someone else's addiction to drugs and/or alcohol, and those who have been bereaved by substance misuse.
- **DAN 24/7** Call: **0808 808 2234** Drug and alcohol addiction helpline for people in Wales.
- **Addaction** Webchat: **<https://www.addaction.org.uk/webchat>** Provides a free, confidential webchat service to those in need of addiction support.
- **Adfam** Call: **020 3817 9410** Provides information and support for the families of drug and alcohol users.
- **Alcoholics Anonymous (AA)** Call: **0800 9177 650** Self help group that supports abstinence from alcohol by following a 12-step recovery treatment program.
- **Narcotics Anonymous (NA)** Call: **0300 999 1212** Self help group that supports abstinence from drugs/ substance by following a 12-step recovery treatment program.
- **National Association for Children of Alcoholics (NACOA)** Call: **0800 358 3456** Email: **helpline@nacoa.org.uk** Offers information, advice, and support to children of alcohol-dependent parents.
- **Release** Call: **020 7324 2989** Offers free. Confidential advice on drugs, law for drugs users, and their families.
- **Scottish Families Affected by Drugs & Alcohol** Call: **08080 101011** Provides support to family members and friends who have been affected by the substance use of a relative or loved on.
- **Australia-** 000 is the national emergency number for Australia.
 - **Alcohol and Drug Information Service (ADIS)** Telephone counselling, information and referral service for clients, families, and anyone else who needs information and support regarding alcohol and other drug use. ADIS is available in all states and territories and in most places in a 24/7 service, staffed by professional drug and alcohol counsellors.
<http://www.drugs.health.gov.au/internet/drugs/publishing.nsf/Content/ADIS>
 - **NSW ADIS: (02) 9361 8000 or 1800 422 599**
 - **VIC DirectLine: 1800 888 236**
 - **SA ADIS: (08) 8363 8618 or 1300 131 340**
 - **WA ADIS: (08) 9442 5000 or 1800 177 833**
 - **QLS ADIS: (07) 3837 5989 or 1800 177 833**
 - **TAS ADIS: 1800 811 994**
 - **NT ADIS: 1800 131 350**
 - **ACT ADIS: (02) 6205 4545**
 - **Australian Drug Foundation (ADF)** Conducts research on drug issues and implements drug education programs. **<http://www.adf.org.au/>**

- **Australian Drug Information Network** Provides a central point of access to quality Internet-based alcohol and drug information provided by prominent organisations in Australia and internationally. <http://www.adin.com.au/>
- **DirectLine** Call: **1800 888 236** Free, anonymous, and confidential phone service, providing 24/7 counselling, information and referral. For anyone concerned with their own, or others' alcohol or drug problem.
- **Family Drug Help (FDH)** Call: **(03) 9573 1700** 24/7 Call: **1300 660 068** Service designed specifically to address the support and information needs of parents, other family members and significant others of someone with problematic alcohol or other drug use. <http://www.familydrughelp.org.au/>
- **Substance Abuse and Mental Health Services Administration** Information, resources, and publications on building resilience and facilitating recover for people with or at risk for mental or substance use disorders.