



# HELPING HANDS



## SAMSHA Resources

(Substance Abuse and Mental Health Services Agencies)

The Substance Use and Mental Health Services Agency is a rich source for treatment information. Here is a list of resources found in the "findtreatment.com" section of the SAMSHA web page. Click on the link for each resource.

### Help Resources

#### [988 Suicide & Crisis Lifeline](#)

Free and confidential support for people in distress, 24/7.

[Call or text 988](#)

#### [National Helpline](#)

Treatment referral and information, 24/7.

[1-800-662-HELP \(4357\)](#)

#### [Disaster Distress Helpline](#)

Immediate crisis counseling related to disasters, 24/7.

[1-800-985-5990](#)

### Treatment Options

Learn about finding [quality treatment](#), the different types of treatment, and what to expect when starting treatment.

#### Understanding Addiction

[Addiction](#) is a chronic disease that changes the brain and alters decision-making.

#### Understanding Mental Health

About half of people with a substance use disorder also experience serious [mental illness](#).

#### Video Tutorials

Visit our [playlist](#) for instructional videos on various aspects of using FindTreatment.gov.

- [FindTreatment.gov Overview](#)
  - [View in a Map](#)
  - [Print Search Results](#)
  - [Download Search Results](#)

**Your EAP Representative listed below can help you if you are experiencing a mental health or substance use issue. Contact them for a free and confidential consultation.**

# Calling For Help

(from findtreatment.com)

## What should I know before I call?

When you call, facility staff will ask questions about yourself. You can ask questions too. It's important to make sure the services and facility are a good fit for you.

**This is a confidential call.** Answering the questions honestly is important, and you won't be reported to law enforcement for talking about using illegal drugs.

If a facility can't see you within 48 hours, try another one. A sign of quality care is being able to be seen quickly. Many programs offer walk-in care, or interim care if only a waitlist is available.

## Questions you want to ask

When can I get an appointment?

How much will treatment cost? Do you accept my insurance?

What do I need to bring? What should I not bring?

How do I get to the facility? Is there public transportation? Can you pick me up?

Consider asking questions that are important for you and your situation:

Is the facility smoke-free or is smoking allowed?

Are there childcare options available?

What types of medications am I allowed to take while in treatment?

What kind of family contact is allowed, and when?

## Questions you may be asked

If you're calling for yourself or someone else.

Which drugs or alcohol have you been using, for how long, and how much.

Current health conditions and medications, including prescription medications you're currently taking.

What financial resources are you working with (insurance, money from a loved one, etc.?)

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.



## FindTreatment.gov

FindTreatment.gov is the most comprehensive resource for persons seeking treatment for mental and substance use disorders in the United States and its territories. SAMHSA makes every effort to ensure that the information provided on FindTreatment.gov is correct and up to date.

SAMHSA representatives Agency for substance use (SSA) are responsible for updating the status and location information for substance use and mental health facilities in their jurisdictions.