

(3.25.20) As many of you already know, SAMHSA has a number of resources to assist you in getting help, access treatment, and connect to a crisis counselor. The resources include:

- [gov](#)

Millions of Americans have a substance use disorder. Find a treatment facility near you.

[National Suicide Prevention Lifeline](#)

[1-800-273-TALK \(8255\)](#)

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

[Behavioral Health Treatment Services Locator](#)

Find treatment facilities confidentially and anonymously, 24/7.

[National Helpline](#)

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

Treatment referral and information, 24/7.

We also want to make you aware of another resource for those who prefer texting/social media (Facebook Messenger) to seek help. This resource is supported mostly by private companies such as Netflix and YouTube. Crisis Text Line is free, 24/7 support for those in crisis. **Text 741741** from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. <https://www.crisistextline.org/faq>