



Here for Recovery Month. Here for Every Day.

If you or someone you care for is in need of help for a situational or chronic mental health or substance use disorder, help is available. To help you get started, below is a list of resources for crisis hotlines as well as digital, virtual and in-person support.

Get immediate help in a crisis

Call:

- 911
- **Optum Substance Use Disorder Helpline:** (anonymous and available 24/7): **1-855-780-5955**
- **Disaster Distress Helpline:**
 - **1-800-985-5990** (press 2 for Spanish), or text "TalkWithUs" (English) or "Hablanos" (Spanish) to 66746.
 - Spanish speakers from Puerto Rico can text "Hablanos" to **1-787-339-2663**.
- **National Suicide Prevention Lifeline:** **1-800-273-TALK (8255)** for English, **1-888-628-9454** for Spanish, or [Lifeline Chat](#)
- **National Domestic Violence Hotline:** **1-800-799-7233** or text LOVEIS to 22522
- **Childhelp National Child Abuse Hotline:** **1-800-4AChild (1-800-422-4453)** or text **1-800-422-4453**
- **National Sexual Assault Hotline:** **1-800-656-HOPE (4673)** or [Online Chat](#)
- **The Eldercare Locator:** **1-800-677-1116** [TTY Instructions](#)
- **Veterans Crisis Line:** **1-800-273-TALK (8255)** or [Crisis Chat](#) or text: 838255

Find a health care provider or treatment for substance use or mental health disorders

- **SAMHSA's National Helpline:** **1-800-662-HELP (4357)** and TTY **1-800-487-4889**
- [Behavioral Health Treatment Services Locator](#)

Virtual meetings and online resources

- [Alcoholics Anonymous:](#) Offers online support
- [Cocaine Anonymous:](#) Offers online support and services
- [LifeRing Secular Recovery:](#) Offers online support
- [In The Rooms:](#) Offers support through online recovery meetings and discussion groups
- [Marijuana Anonymous:](#) Offers virtual support

- [Narcotics Anonymous:](#) Offers a variety of online and Skype meeting options
- [Refuge Recovery:](#) Provides online support
- [Self-Management and Recovery Training \(SMART\):](#) Offers global mutual-support groups and forums, including a chat room and message board
- [SoberoCity:](#) Offers an online support and recovery community
- [Sober Grid:](#) Offers an online platform to help anyone get sober and stay sober
- [Al-Anon:](#) Online support for anyone affected by alcoholism in a friend or family member
- [Nar-Anon:](#) Support for anyone affected by addiction in a friend or family member

Virtual recovery resources for substance use and mental health disorders

- [The National Alliance for Mental Illness \(NAMI\) COVID-19 Resource and Information Guide](#)
- [Shatterproof:](#) "How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery" provides helpful suggestions
- [The Chopra Center:](#) "Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System."
- SAMHSA's Disaster Distress Helpline
 - Toll-Free: **1-800-985-5990** (English and Spanish)
 - SMS: "TalkWithUs" (English) or "Hablanos" (Spanish) to 66746; TTY: **1-800-846-8517**
 - [Website \(English\)](#)
 - [Website \(Spanish\)](#)
- **SAMHSA's National Helpline:** Toll-Free: **1-800-662-HELP (24/7/365)** Treatment Referral Information Service in English and Spanish
- National Suicide Prevention Lifeline
 - Toll-Free (English): **1-800-273-TALK (8255)**
 - Toll-Free (Spanish): **1-888-628-9454**
 - TTY: **1-800-799-4TTY (4889)**
 - [Website \(English\)](#)
 - [Website \(Spanish\)](#)
- [Behavioral Health Treatment Services Locator:](#) **1-800-662-HELP (4357)**

Culturally competent resources

- **[Black Emotional and Mental Health Collective](#)** — A collective aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing.
- **[Black Mental Health Alliance \(BMHA\)](#)** — Through an expansive database of culturally competent and patient-centered licensed mental health professionals, BMHA offers confidential referrals for those seeking mental health services.
- **[Black Mental Wellness](#)** — Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective.
- **[Ebony's List of Mental Health Resources](#)** — A growing list of Black mental health resources by state as compiled by Ebony magazine.
- **[National Queer and Trans Therapists of Color Network](#)** — A healing justice organization committed to transforming mental health for queer and trans people of color. Provides a directory to help

queer and trans people of color locate mental health practitioners who are queer and trans people of color.

Additional resources

- **[Liveandworkwell.com](#)**: A variety of mental health and wellness resources and tools, including self-help programs, assessments and helpful articles for recovery and resiliency. Simply log in using your HealthSafelD or company access code and check out the Mind & Body tab.
- **Quit For Life®**: A tobacco cessation program that helps members overcome their addiction to tobacco. Join at no additional cost* as part of your benefits and receive 24/7 access to the Quit For Life mobile app, online learning options with easy-to-use tools, personalized support with a Quit Coach®, medication and more. Visit [quitnow.net](#) to learn more.

*Provided at no additional cost as part of your benefits plan.

Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

The Quit For Life® Program provides information regarding tobacco-cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life® Program does not provide clinical treatment or medical services, is not medical advice and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.