For the Substance User

- Al-Anon/Nar-Anon
  - www.pa-al-anon.org 1-888-425-2666
  - www.nar-anon.org 1-800-477-6291
- Become trained to use and stock Naloxone, the opioid reversal drug.
  - http://www.ddap.pa.gov/overdose/Pages/Naloxone_Reversal.aspx
- York Recovery Alliance 717 340-6100

For the Family

- Not One More www.notonemoreyorkpa.org - Find us on Facebook
- RASE Project www.raseproject.org - Find us on Facebook
- York Opioid Collaborative, www.herointaskforce.com - Find us on Facebook
- Adams County Overdose Awareness Task Force -Find us on Facebook or go to https://www.facebook.com/adamscountyheroinawareness/
- Mason Dixon Anti Drug Coalition cindyseibel47@gmail.com

Community Resources

- Check the YADAC website for Current Events www.yorkcountypa.gov
- Count & Lock up all medications/Dispose of old medications at Med Take Back Locations:
  - http://www.cfygettysburg.com/partnership-events/take-back-medication-disposal
- Be supportive of families battling substance use disorder, reach out to them.

Things You Can Do to Help

- Alcoholics Anonymous/Narcotics Anonymous
  - York NA Helpline 717-848-9988 www.na.org
  - Hanover AA Helpline 717-451-3991 www.hanoverintergroup.org
  - School Aged Children- Contact your School's "Student Assistance Program" (SAP)
- Al-Anon/Nar-Anon
  - www.pa-al-anon.org 1-888-425-2666
  - www.nar-anon.org 1-800-477-6291
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- Be supportive of families battling substance use disorder, reach out to them.
How to Seek Help for Drug/Alcohol Treatment

If you are in crisis
- Experiencing suicidal or homicidal thoughts
  - True North Mobile Crisis Unit (24/7)
    1-866-325-0339

If you need detox
- Experiencing withdrawal symptoms
  - Wellspan York Hospital Crisis Unit (24/7)
    1-800-673-2496
  - White Deer Run (24/7)
    1-866-769-6822

If you do not have insurance
- York County White Deer Run
  York Assessment Center
  717-668-8035
- Adams County
  Adams County Assessment Center
  717-771-9222 Ext: 1459

If you have insurance
- Call the number on the back of your insurance card to find out locations covered by your insurance.
  - Or call White Deer Run (24/7)
    1-866-769-6822

MAT - Medication-Assisted Treatment
Combines behavioral therapy and medications to treat substance use disorders. YADAC Providers can make appropriate referrals.

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