THINGS YOU CAN DO TO HELP

- Check out the YADAC website for Current Events
  www.yorkcountypa.gov

- Count & Lock up all medications & Dispose of old medications at Med Take Back Locations
  www.cfgygettysburg.com/partnership-events/take-back-medication-disposal
  http://ycswa.org/disposal-of-household-waste/medical/

- 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.
  - Wellspring 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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