



Drug and Alcohol Hotlines and Recovery Education

Drug and Alcohol Hotlines:

Alcohol Drug Council of NC: 1-800-688-4232. 24-hour hotline for individuals living in Wake County who need referral to substance use treatment. Texting available Monday-Friday from 12-6 pm at: **919-908-3196.**

Alcoholics Anonymous (AA)-Tri-County Intergroup and Hotline: 919-783-6144. 24/7 hour hotline for supporting Alcoholics Anonymous. Meeting times, conversation, support provided on this staffed hotline.

Alliance Health: 1-800-510-9132. 24-hour hotline for individuals living in Wake County who need assessment and referral to substance use/mental health crisis and treatment services.

National Drug Helpline: 1-844-289-0879. Free, confidential, 24/7 drug and alcohol hotline that can help you start your journey towards a better future.

SAMHSA's National Helpline: 1-800-662-HELP (4357): SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Resources for Recovery Education:

Alliance For Action: Comprehensive website focused on Opioid Addiction, Treatment, and Recovery. Find treatment providers, prevention tools, and support in Wake County for Opioid Addiction. Website developed and updated by Alliance Health.

Education and Outreach Toolkit: Multiple types of educational articles, resources, and tools around drug and alcohol addiction, treatment, and prevention. Toolkit developed by Wake County Drug Overdose Coalition. Toolkit includes: social media tools and graphics, Wake County prevention education organizations, written prevention resources, information for Wake faith communities, information for healthcare providers.

Faces and Voices of Recovery: Comprehensive, Recovery-Oriented national website filled with addiction and recovery resources. Faces and Voices of Recovery seeks to “change the way addiction and recovery are understood and embraced through advocacy, education and leadership”.

Good Samaritan Law video: Created with funds through Wake County Public Health, this video explores legal issues around reporting possible drug/alcohol overdose related to oneself, someone else, or an underage drug/alcohol user. Under the 2013 NC Good Samaritan/Naloxone Access law, a person reporting an overdose may be protected from prosecution for placing a potential life- saving call to EMS/law enforcement.

Language of Recovery Quick View Brief overview of terms, person-first language, and affirming words that are supportive of persons in recovery from drug/alcohol use.

Opioid Video Library: The Wake Network of Care hosts a comprehensive Opioid Video Library including topics of: [General Opioid Information](#), [Harm Reduction](#), [Prescription Opioids](#), and [Combatting the Opioid Crisis](#).

Parenting Through Addiction: National website designed to equip parents with tools, strategies, and knowledge to aid in their understanding of how to assist their children wrestling with drug and alcohol use.

Recovery Answers: Comprehensive national website that explains all facets of drug and alcohol addiction/treatment/recovery. Have all of your questions about drug and alcohol use answered in this one stop shop developed by the Recovery Research Institute.

Shatterproof: Drug and alcohol addiction/treatment website that provides interactive assessment and search tools for treatment and payment options for drug and alcohol use in Wake County and nationwide.

The Real Stigma of Substance Use Disorders: Brief article exploring the role of stigma and language in recovery for Drug and Alcohol users. This article shares points for individuals and families in recovery and healthcare providers to practice a person-first, de-stigmatized, person- affirming approach to support and encourage long-term recovery. Article published by Recovery Research Institute.