

For the Substance User

- Alcoholics Anonymous/Narcotics Anonymous
- York AA Helpline 717-854-4617 www.york-pa-aa.org
- 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)

For the Family

- 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

Community Resources

- 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 Heroin Awareness Task Force -Find us on Facebook or go to <https://www.facebook.com/adamscountyheroinawareness/>
- Mason Dixon Anti Drug Task Force cindyseibel47@gmail.com

Things You Can Do to Help

- 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>
 - <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 do not need crisis or detox follow below for help

If you are in crisis

Experiencing suicidal or homicidal thoughts

True North Mobile Crisis Unit (24/7)
1-866-325-0339

Wellspan York Hospital Crisis Unit (24/7)
1-800-673-2496

If you need detox

Experiencing withdrawal symptoms

White Deer Run (24/7)
1-866-769-6822

If you do not have insurance

White Deer Run York Assessment Center
717-668-8035

Surrounding York Area PA Counseling
Gettysburg 717-337-0026
True North
Gettysburg 717-334-9111
Hanover 717-632-4900
Shrewsbury 717-235-0199
Gaudenzia
Harrisburg 717-233-3424
West Shore 717-766-8517

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

Locations in **RED** offer adolescent and adult services.

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