



ADDICTION AND RECOVERY RESOURCES

If you are struggling with addiction, you are not alone. Over 46 million Americans have a substance use disorder. Addiction isn't a moral failing or a character flaw. It's a disorder, and deserves the same compassion we would feel for someone who had any other disorder or disease.

WWW.WTCSB.ORG

How Substances Affect the Brain

When someone uses drugs or alcohol, their brain is flooded with feel-good chemicals that alter the brain's reward system, causing them to engage in behaviors that feel good but aren't healthy. With continued use, the individual develops a tolerance, and will need more of the substance to feel the same effects. This leads to increased use and a higher risk of overdose or other substance-related problems.

How Substance Abuse Affects the Individual

When someone is experiencing substance abuse, they may make choices they otherwise wouldn't make, especially when it comes to anything that could come between them and their addiction. This often leads to problems at work or school, strained relationships with family or friends, or other personal problems. But it's important to remember that it's not the individual's fault.

Addiction is Treatable

Overcoming substance abuse disorder is not as simple as just quitting. Recovery can involve both physical elements, like medications to help with withdrawal symptoms, and mental health elements, like mental health counseling. Each individual's needs may vary, but having access to all the available resources increases the likelihood of recovery.

Resources for Recovery

If you or someone you know is struggling with addiction, don't be afraid to reach out for help. The following pages contain resources that can help right now.



ADDICTION AND RECOVERY RESOURCES

Region Five Crisis Line/988

If you live in Region Five, otherwise known as the coastal, Southeastern region of Virginia, the Region Five Crisis Line is your local connection to the nationwide 988 Suicide & Crisis Lifeline. You can dial 757-656-7755 to reach a trained counselor who will listen and, if you want, connect you with local mental health and substance abuse resources. If you don't live in Region Five, you can dial 988 to be connected with your local center.

- [Find out more about the crisis line here.](#)

Western Tidewater Community Services Board

If you live in Franklin, Suffolk, or the counties of Isle of Wight or Southampton, WTCSB is your single-point-of-access for behavioral healthcare services and supports. We offer medical detox and counseling for substance abuse, individual counseling, family and youth counseling, mental health education, after-school programs, care and support for developmental disorders and more.

- [You can make an appointment online or call us at 757-758-5106 to get same-day access.](#)
- [Find out more about our services and supports here.](#)

SAMHSA's National Helpline

SAMHSA's National Helpline is a free and confidential 24/7 treatment referral and information service for individuals and families facing mental and/or substance use disorders. You can dial 1-800-662-HELP (4357) to reach a trained information specialist, who can connect you with local resources. The SAMHSA Helpline is a referral and information line only; they don't offer counseling.

- [Find out more about SAMHSA's National Helpline here](#)

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Peer Support Programs

Peer support is a very powerful resource to have during recovery. Peers are people who've experienced substance abuse and recovered successfully, and are now using their lived experience to help others in recovery. Their advice, stories and support make recovery an easier process. Peer support has also been shown to increase the rate of recovery program completion.

Peer support programs include:

- **Community Peer Support Programs**

Community behavioral health centers provide substance abuse services and supports, including peer support.

[Find out more about peer support in the Western Tidewater region on the Region Five website.](#)

Not in the Western Tidewater area? [Find Mental Health America's list of national peer support groups here.](#)

- **Alcoholics Anonymous/Narcotics Anonymous**

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are peer support groups that offer support and accountability. Both AA and NA accept individuals struggling with any type of substance use.

[Find out more about AA here](#)

[Find out more about NA here](#)

- **SAARA of Virginia**

SAARA (Substance Abuse & Addiction Recovery Alliance) of Virginia offers peer support services, including specialized meetings and events for young people in recovery.

[Find out more about SAARA here](#)

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FindTreatment.gov

Findtreatment.gov is the U.S. Department of Health & Human Services' tool for finding mental health and substance disorder treatment in your area. You can quickly and easily search for treatment options by typing in your address, city, zip code or the name of a facility. All searches are secure and confidential.

- [Access the treatment finder here](#)

Find Help for Mental Health

Find more resources, including mental health hotlines and treatment, on the U.S. Government's website.

- [Access the resources here](#)