



There is help. There is hope.

Substance use and mental health issues are **treatable** and *can be* successfully managed.



1-800-920-4343
South Dakota Resource Hotline

Front Cover

Call us. We can help.

South Dakota Resource Hotline
(800) 920-4343

Opioid Texting Support
Text OPIOID to 898211

National Suicide Prevention Lifeline
(800) 273-8255 (TALK)

Face It Together
(855) 539-9375



AvoidOpioidSD.com

You just might save a life.

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Back Cover



Take a breath.
Start here.

- **Anyone can call 1-800-920-4343 to receive care & support**
Our trained staff are available 24/7 and will connect you with care coordination, social support, counseling, treatment options, and services in your area.
- **Plan a clear pathway to recovery**
We will help you determine the treatment options that best fit your situation, goals, and needs, and can help you work through barriers to wellness like housing, bill payment assistance or employment. And, we provide supportive follow-up phone calls to keep you on track.
- **Don't lose hope**
Substance use and mental health issues can be highly stressful. Change doesn't happen overnight. Be patient and reach out.
If you or someone close to you is experiencing OVERDOSE SYMPTOMS DIAL 911.

First Inside Spread

Reach out.

If you are...

- having thoughts of suicide and helplessness
- a family member who needs support or just someone to listen
- supporting a client, patient or resident
- concerned about a loved one or friend
- trying to make a change

If you need...

- to talk to someone or be connected to a counselor or therapist
- help finding treatment options
- to dispose of unused medication and aren't sure how to do it

If you want to be connected with a peer coach to help you...

- learn how to change your destructive behaviors and manage your disease
- translate goals into action
- address barriers holding you back
- get extra support after a setback

Put your support team together. Move forward.

You may be in crisis now, but there are many paths to recovery. We can help you find the resources you need.

There is hope. Life can be good again.

Don't wait.

Addiction is a chronic disease often complicated by mental health symptoms — but both are **treatable** and can be **successfully managed**.
Reach out. Talk to someone.

1 in 4 people who are prescribed opioids **STRUGGLE** with **ADDICTION**



Funding for this material was made possible by 1H791080268 from SAMHSA. The views expressed in written materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



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Full Inner Panel