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

Avoid Opioid
PRESCRIPTION ADDICTION

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
AvoidOpioidSD.com

You just might save a life.

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

Take a breath.
Start here.
There is help.
There is hope.
Substance use and mental health issues are treatable and... you or someone close to you is experiencing OVERDOSE SYMPTOMS DIAL 911.

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