

**I NEED
HELP.**

**ANYONE.
EVERYONE.**

Whether you are seeking help for yourself or for someone you care about, local resources are available. Whether this is the first time you've turned toward recovery or if you've tried and failed before, no matter anyone's history, all are welcome.

- Schedule an appointment with a local treatment provider to discuss your concerns.
 - Call 1-800-920-4343 or text "onmeth" to 898211 to find a local provider
- Receive support navigating the pathway to recovery for yourself or a loved one, with Care Coordination, contact the Resource Hotline at 1-800-920-4343.
- Utilize recovery groups in your community (and online) such as:
 - Face It TOGETHER
 - SMART Recovery
 - Narcotics Anonymous
- Find recovery groups in your community by calling 1-800-920-4343.
- If you, or your loved one, are not ready for recovery, know that help is available when you are ready.

TO LEARN MORE OR FOR MORE RESOURCES, VISIT WWW.ONMETH.COM, CALL 1-800-920-4343 OR TEXT "ONMETH" TO 898211.

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