



Help

for drug and substance use



If you or someone you care about is suffering due to substance use, we know it is hard. Addiction can happen to anyone. In fact, one in six Americans report experiencing a substance use disorder.

Recovery can be challenging, but it is possible. We hope you will find these resources to be helpful in your journey.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Find a support group or local program for mental health, drugs, or alcohol.

Visit [FindTreatment.gov](https://findtreatment.gov)

New York HOPEline

New Yorkers struggling with an addiction can find help and hope by calling (toll-free) or texting the state's 24/7 HOPEline.

Call **877-8-HOPENY**

Text **"HELP" to HOPENY (467369)**

Addiction Treatment Resources in NYS

Find addiction treatment resources through New York state including crisis/detox, inpatient, residential, or outpatient care.

Visit FindAddictionTreatment.NY.gov

In crisis?

If you or someone you know is struggling or in crisis, help is available.

The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress. You'll be able to speak with a trained crisis counselor any time of day or night.

Call or text **988***

Call **1-800-273-8255 (TTY 711)**

*988 may not be available in every state

Excellus  

Everybody
Benefits

Fentanyl overdoses *on the rise*

Over 150 people die every day from overdoses related to synthetic opioids like fentanyl. (CDC.gov)

While there are medical uses for fentanyl, it is a strong and dangerous drug. A small dose can be deadly. Fentanyl-related overdoses have been on the rise. Drug dealers are mixing it with substances like heroin and cocaine, and with medications like oxycodone, OxyContin, Vicodin, Adderall, Ritalin and Xanax.

Fentanyl is a strong opioid, much stronger than morphine or heroin.



Facts

- ✓ **Most people are unaware drugs are laced with fentanyl.**
- ✓ **Fake or laced pills often look like the real thing.**
- ✓ **Other drugs like cocaine and heroin can be laced with it.**



Any drug that is not prescribed to you by a licensed health care professional or is not obtained from a licensed pharmacy puts you at risk.

Online pharmacies can make it easy to get your prescription filled, but some websites sell fake or unsafe medicine.

Make sure your online pharmacy:

- Is licensed with a state board of pharmacy
- Requires a doctor's prescription
- Lists a physical address and phone number in the United States

Know the facts about fentanyl test strips and lifesaving Naloxone.

Visit [CDC.gov/StopOverdose](https://www.cdc.gov/StopOverdose)

Source: CDC.gov

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