

Are you or a loved one suffering from addiction?

- ◆ In a life-threatening emergency, **call 9-1-1.**
Ask for a Crisis Intervention Trained Officer.
 - ◆ In an urgent situation, call the Health and Human Services 24/7 national hotline: 1-800-662-HELP/(4357)
See back for local 24/7 hotline numbers.
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What are some treatment options?

It is important to educate yourself about all courses of treatment, however keep in mind that a full assessment, which can be done by your local Community Services Board, will help determine the appropriate level of care. Please see the back for local Community Services Board hotline numbers.



Detox Detox can take place in a hospital, local detox center, or residential program. Some cases may require detox to be medically supervised.



Residential (Rehab) 30, 60, or 90 day inpatient programs



Partial Hospitalization Up to 2 weeks; patient stays at home while attending intensive outpatient rehab



Intensive Outpatient On-going therapy with 6-9 hours of programming per week



Group/Family Support Recovery groups, support networks individual counseling for addicts and families; counseling support for families available through Catholic Charities

See www.cdda.net/opioids for resources and counseling.

Remember you are not alone.

The God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Drug Addiction Intervention

If the situation is life-threatening, **call 9-1-1.**

All of the listed phone numbers are 24/7, unless noted otherwise.

National SAMSHA Hotline: 1-800-662-4357 (TTY: 1-800-487-4889)

A confidential, free, 24-hour-a-day, 365-day-a-year information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Resources in the Diocese of Arlington

These local 24/7 numbers provide crisis intervention, emergency evaluations and assessments for treatment services, case management services, and/or referral services for follow-up and appropriate care.

Alexandria, City of	703-746-3636 Substance Abuse Residential Treatment Crisis Line
Arlington County	703-228-5160 Emergency Line
Clarke County	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>)
Culpeper County	540-825-5656 Rappahannock-Rapidan
Fairfax County (inc. Falls Church City)	703-502-7000 (<i>24/7 Detox Center</i>)
Fauquier County	540-825-5656 Rappahannock-Rapidan
Frederick County	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>)
Fredericksburg, City of	540-373-6876 Rappahannock Area CSB
King George County	540-373-6876 Rappahannock Area CSB
Lancaster County	800-542-2673 or 804-693-2673 Middle Peninsula-Northern Neck CSB COPE Crisis Line
Loudoun County	703-777-0320 Emergency Services
Madison County	540-825-5656 Rappahannock-Rapidan
Northumberland County	800-542-2673 or 804-693-2673 Middle Peninsula-Northern Neck CSB COPE Crisis Line
Orange County	540-825-5656 Rappahannock-Rapidan
Page County	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>)
Prince William County (Manassas)	703-792-7800 Emergency Services
Prince William County (Woodbridge)	703-792-4900 Emergency Services
Rappahannock County	540-825-5656 Rappahannock-Rapidan
Richmond County	800-542-2673 or 804-693-2673 Middle Peninsula-Northern Neck CSB COPE Crisis Line
Shenandoah County	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>)
Spotsylvania County	540-373-6876 Rappahannock Area CSB
Stafford County	540-373-6876 Rappahannock Area CSB
Warren County	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>)
Westmoreland County	800-542-2673 or 804-693-2673 Middle Peninsula-Northern Neck CSB COPE Crisis Line
Winchester, City of	540-667-0145 Concern Hotline (<i>mainly referral service</i>); 800-342-1462 NW Community Services (M-F 9-5pm, <i>Crisis Intake</i>) 540-450-2206 Winchester Addiction Services