

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)) (also known as the Treatment Referral Routing Service), or TTY: [1-800-487-4889](tel:1-800-487-4889) is 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.

Also visit the [online treatment locator](#), or send your zip code via text message: [435748](sms:435748) (HELP4U) to find help near you. Read more about the [HELP4U text messaging service](#).