

inspired

[to make healthy choices]

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Recovery Is Possible

With the right treatment, support and resources, everyone can recover and lead a fulfilling life.

DID YOU KNOW?

- 3 out of 10 people in the United States have issues with mental health or substance use. (SAMHSA)
- 7 out of 10 adults who ever had a substance use problem consider themselves to be recovering or in recovery. (SAMHSA)

When individuals receive evidence-based treatment and recovery supports, they can take back their lives and meaningfully contribute to their families and communities.

Find Resources via SAMHSA

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call 1-800-662-HELP (4357) or visit samhsa.gov/find-help.

No matter who you are or where you are, no one is alone in recovery. Connecting with others who have lived experience in recovery offers an important sense of belonging, support and hope.

Engage with the Georgia Council for Recovery

Safe and confidential resources exist to help individuals in recovery find support, feel connected and reach their full potential.

Virtual All Recovery Meetings

Join via Zoom: 10 am & 7 pm EST daily
<http://zoom.us/j/695949293>
Meeting ID: 695 949 293
Passcode: recovery

CARES Warm Line

Peers are available to talk, listen and help.
Call or text 1-844-326-5400
8 am – 11 pm

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