NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Support and Crisis Lines

U.S. support contacts and recovery groups. Save this page and share it with someone who may find it useful.

911
Immediate danger

988
Suicide & Crisis Lifeline · call or text, 24/7

Help lines

SAMHSA National Helpline
1-800-662-4357
Free, confidential, 24/7 treatment referral and information in English and Spanish.

Ohio Problem Gambling Helpline
1-800-589-9966
Free, confidential help for gambling concerns, 24/7.

Ohio CareLine
1-800-720-9616
Emotional support from behavioral health professionals, 24/7.

FindTreatment.gov
Search for substance use and mental health treatment providers near you.
findtreatment.gov

Recovery support groups

Alcoholics Anonymous
Peer support for people who want to stop drinking.
aa.org

SMART Recovery
Science-based mutual support, online and in person.
smartrecovery.org

Al-Anon
Support for people affected by someone else's drinking.
al-anon.org

Narcotics Anonymous
Peer support for recovery from drug addiction.
na.org

Gamblers Anonymous
Peer support for people with gambling problems.
gamblersanonymous.org

Nar-Anon
Support for families and friends of people who use drugs.
nar-anon.org