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3

RIGHT NOW

FREE HELP DIRECTORY

Meetings, Helplines, and Low-Cost Care

STEPHEN DEASON

Alder Creek EDITIONS

Free Help Directory

With Thanks

These books are offered at a low price in print and free online through the generous support of Matthew Marberry and the Michael Marberry Family Fund.

Thank you, Matthew, for helping put these books in the hands of the people who need them.

Stephen Deason

DON'T PANIC

If you are in danger, call 911.

If you are in crisis, or thinking about suicide, call or text 988.

For free help finding treatment, call 1-800-662-4357.

To find which number to call, turn to page 11.

Part of

The Mile Marker Library

BOOK 3 · RIGHT NOW

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Recovery Books

The Mile Marker Library: standalone books and tools for people getting into recovery on their own. Each one is numbered and labeled by what it helps with. Start with any of them.

RIGHT NOW

1. *Don't Panic: The First Hours After You Stop*
What to Do When You Stop Drinking or Using

2. *Wallet Crisis Card* **Free Printable**
Numbers to Call, Ready to Print

3. *Free Help Directory* **This book**
Meetings, Helplines, and Low-Cost Care

4. *Medications for Addiction, Explained*
What They Are, How to Ask, and How to Pay

DAILY PRACTICE

5. *Tools You Can Use on Your Own*
A Guide to Self-Directed Recovery

6. *Cravings and Hard Hours Workbook*
A Companion to Tools You Can Use on Your Own

7. *One Day at a Time, Written Down*
A 90-Day Gratitude Journal, in General and Christian Editions

8. *Daily Reader, 365 Days* **Forthcoming**
For Any Recovery Path

9. *Worksheet Library* **Forthcoming**
Every Journal Page and Exercise, Ready to Print

REBUILDING

10. *Money in Early Recovery*

Budgets, Debts, Benefits, and Credit

11. *Work and Recovery*

Finding a Job, Keeping It, and What to Tell Employers

12. *Finding a Safe Place to Live*

Sober Housing and What to Check Before You Move In

13. *Court, Probation, and Recovery* **Forthcoming**

What to Ask a Lawyer and What Records to Keep

PEOPLE AROUND YOU

14. *For Families*

When Someone You Love Can't Get to Treatment

15. *Group Facilitator Guide*

Running Free Peer Support Groups with These Books

16. *Employer Guide* **Forthcoming**

Hiring and Keeping People in Recovery

Who This Book Is For and How to Use It

This book is for people who need help and have no money to pay for it.

This book lists places that give help for free or at low cost, across the United States. Every listing is free, charges on a sliding scale, takes Medicaid, or is run by the government.

You do not have to read it in order. Find what you need in the Contents and go there.

How a listing works

Each listing tells you what the service is, what it costs, how to reach it, and what to say when you call. When a service is faith-based or is a harm-reduction service, the listing says so under its name.

Before you rely on a listing

Phone numbers, hours, and rules change. The numbers in this book were checked in September 2026. Call the service to confirm before you travel or plan around it.

This book is not medical advice, and the author and publisher are not your doctor or counselor. Nobody listed in this book pays us or is connected to us. Before you start, stop, or change a medicine or treatment, check with a qualified health care provider.

Services near you

This book lists services that work anywhere in the country. For numbers in your own state, use the free state-by-state supplement at aldercreekeditions.com, or call 211. Write what you find on the My Local List pages near the back.

Three numbers to keep close

Emergency: 911

Crisis or thoughts of suicide: call or text 988

Free treatment referrals: 1-800-662-4357

1. Which Number to Call

Find the line that sounds closest to right now.

Someone is not breathing, will not wake up, or is having a seizure

Call 911. If opioids may be involved and you have naloxone, give it. Chapter 5 tells you where to get naloxone.

You are thinking about suicide or you feel you cannot stay safe

Call or text 988. Veterans: call 988 and press 1.

Someone swallowed something, or took too much of a medicine

Call Poison Control at 1-800-222-1222. If the person is hard to wake or breathing slowly, call 911 first.

You want to stop and do not know where to start

Call the SAMHSA National Helpline at 1-800-662-4357. It is free and open all day, every day.

You need food, a bed tonight, or help with a bill

Call 211.

You want to talk with someone who has been where you are

Go to a meeting (Chapter 8) or find a recovery community organization (Chapter 9).

You are being hurt by someone at home

Call the National Domestic Violence Hotline at 1-800-799-7233, or text START to 88788. If you are in danger now, call 911.

2. Crisis Lines

These lines are free and confidential. You do not need insurance, and you do not have to be in recovery to call.

988 Suicide and Crisis Lifeline

What it is: Support from a trained counselor when you are in crisis, thinking about suicide, or worried about someone.

Cost: Free.

How to reach it: Call or text 988, or chat at 988lifeline.org. For Spanish, press 2.

Hours: 24 hours a day, every day.

What to say: "I am having a hard time and I need to talk."

Veterans Crisis Line

What it is: Crisis support for veterans, service members, and their families.

Cost: Free.

How to reach it: Call 988 and press 1, or text 838255.

Hours: 24 hours a day, every day.

What to say: "I am a veteran and I need to talk to someone."

Crisis Text Line

What it is: Crisis support by text message.

Cost: Free.

How to reach it: Text HOME to 741741.

Hours: 24 hours a day, every day.

What to say: Type what is going on, in your own words.

Poison Control

What it is: Experts who tell you what to do when someone has swallowed, breathed in, or touched something harmful, or taken too much of a medicine.

Cost: Free.

How to reach it: Call 1-800-222-1222.

Hours: 24 hours a day, every day.

What to say: "Someone took [what] about [how long] ago. What should I do?"

National Domestic Violence Hotline

What it is: Support and safety planning for people being hurt by a partner or family member.

Cost: Free.

How to reach it: Call 1-800-799-7233, or text START to 88788.

Hours: 24 hours a day, every day.

What to say: "I am not safe at home and I need help thinking through what to do."

Trans Lifeline

What it is: Peer support run by and for transgender people.

Cost: Free.

How to reach it: Call 877-565-8860.

What to say: "I need to talk with someone who gets it."

The Trevor Project

What it is: Crisis support for LGBTQ+ young people under 25.

Cost: Free.

How to reach it: Call 1-866-488-7386.

Hours: 24 hours a day, every day.

What to say: "I am having a hard time and I need to talk."

3. Treatment You Can Afford

Treatment is available to people without insurance or money. Most states pay for treatment slots for people who cannot pay, and the lines below will point you to them.

SAMHSA National Helpline

What it is: Free referrals to treatment, support groups, and community services near you, including programs paid for by your state if you have no insurance.

Cost: Free and confidential.

How to reach it: Call 1-800-662-4357. TTY: 1-800-487-4889. Or text your ZIP code to 435748.

Hours: 24 hours a day, every day, in English and Spanish.

What to say: "I do not have insurance. I need help finding treatment I can afford near [ZIP code]."

FindTreatment.gov

What it is: The federal government's search tool for treatment programs. You can filter by payment type, including free, sliding scale, and Medicaid.

Cost: Free.

How to reach it: Go to FindTreatment.gov and enter your ZIP code.

What to say: When you call a program, say: "Do you take people with no insurance? Do you have a sliding scale?"

Questions to ask any program

- Do you take Medicaid, or people with no insurance?

- Do you have a sliding scale based on income?
- Is there a waiting list? How long is it right now?
- Is there anything I can do while I wait?
- Do you offer medications for addiction, or work with someone who does?

If there is a waiting list

Ask to be put on it, and ask when to call back. Call the SAMHSA National Helpline again for other places. Go to meetings while you wait (Chapter 8). If you are pregnant, say so; many state-funded programs see pregnant women first.

Chapter 17 explains how to tell a real helpline from a sales line for a treatment center.

4. Withdrawal Care

Withdrawal from alcohol, benzodiazepines, and some other drugs can be dangerous. This chapter lists places that can help you decide whether you need medical care to stop. It does not tell you what care you need.

Medically supervised withdrawal is often called detox.

SAMHSA National Helpline

What it is: Referrals to detox programs, including ones paid for by your state.

Cost: Free.

How to reach it: Call 1-800-662-4357.

What to say: "I want to stop [substance] and I am worried about withdrawal. Where can I get medical help to stop?"

FindTreatment.gov

What it is: Search for programs that offer detox. Choose the payment filters that fit you.

Cost: Free to search.

How to reach it: FindTreatment.gov

Hospital emergency departments

What it is: Most hospital emergency departments must give you a medical screening exam even if you cannot pay. If they find an emergency, they must treat it until you are stable or arrange a proper transfer.

Cost: You may get a bill later. Ask the hospital about financial assistance (Chapter 6).

How to reach it: Go in person, or call 911 in an emergency.

The Don't Panic book in this library covers the first hours after you stop.

5. Medications and Naloxone

Medications for opioid use disorder and alcohol use disorder exist. Doctors, nurse practitioners, clinics, and telehealth providers can start them. Only a qualified provider who knows your health can tell you whether one fits you.

FindTreatment.gov

What it is: Search for programs that offer medications for addiction, including methadone programs.

Cost: Free to search.

How to reach it: FindTreatment.gov

What to say: When you call a program, say: "Do you offer medications for opioid use disorder? Do you take people with no insurance?"

Community health centers

What it is: Many offer medications for addiction on a sliding scale. See Chapter 6.

Cost: Sliding scale.

How to reach it: findahealthcenter.hrsa.gov

Naloxone

Naloxone (Narcan) can reverse an opioid overdose. You can buy the nasal spray at most drugstores without a prescription. Many health departments and harm-reduction programs give it away free.

NEXT Distro

Harm reduction service

What it is: Mails free naloxone in many states and helps you find it near you.

Cost: Free where available.

How to reach it: nextdistro.org

Your local health department

What it is: Many give out naloxone at no cost.

Cost: Often free.

How to reach it: Call 211 and ask for the health department near you.

What to say: "Do you give out naloxone? Where can I pick it up?"

The book Medications for Addiction, Explained in this library goes further.

6. Health Care Without Insurance

Community health centers

What it is: Clinics funded by the federal government that offer medical care, and often dental, mental health, and addiction care.

Cost: Sliding scale based on income. They serve people whether or not they can pay.

How to reach it: findahealthcenter.hrsa.gov

What to say: "I do not have insurance. Can I be seen, and how much will it cost?"

Free and charitable clinics

What it is: Clinics run by volunteers and local groups for people with no insurance or low income.

Cost: Free or very low cost.

How to reach it: nafcclinics.org has a clinic finder.

Medicaid

What it is: Government health coverage for people with low income. In many states it covers addiction treatment and medications.

Cost: Free or low cost if you qualify.

How to reach it: Apply at HealthCare.gov or through your state's Medicaid office. Call 211 for help applying.

What to say: "I want to apply for Medicaid. Can you help me with the application?"

HealthCare.gov

What it is: The federal marketplace for health insurance. Many people qualify for help paying for a plan. You can also find out if you qualify for Medicaid.

Cost: Depends on income.

How to reach it: HealthCare.gov, or call 1-800-318-2596.

Hospital financial assistance

What it is: Nonprofit hospitals must have a financial assistance policy. If you got a bill you cannot pay, ask for it.

Cost: Can reduce or erase a bill.

How to reach it: Call the billing office of the hospital.

What to say: "I cannot pay this bill. How do I apply for financial assistance?"

Pharmacists

What it is: A pharmacist can answer questions about any medicine you take, including how it mixes with alcohol or other drugs.

Cost: Free to ask.

How to reach it: Any drugstore counter.

What to say: "I take [medicine]. Is there anything I should know about it and alcohol or other drugs?"

7. Mental Health Care

988 Suicide and Crisis Lifeline

What it is: Crisis support by phone, text, or chat.

Cost: Free.

How to reach it: Call or text 988.

Hours: 24 hours a day, every day.

NAMI HelpLine

What it is: Information, support, and referrals for people living with mental health conditions and their families.

Cost: Free.

How to reach it: Call 1-800-950-6264, or text 62640.

Hours: Monday through Friday, 10 a.m. to 10 p.m. Eastern.

What to say: "I am looking for low-cost mental health care near [city or ZIP]."

Certified Community Behavioral Health Clinics

What it is: Clinics that offer mental health and addiction care, including crisis care, to anyone.

Cost: They serve people regardless of ability to pay.

How to reach it: Call 211 or the SAMHSA National Helpline and ask for one near you.

Community mental health centers

What it is: Public or nonprofit clinics for counseling and psychiatric care.

Cost: Sliding scale in most places.

How to reach it: Call 211, or search FindTreatment.gov.

Community health centers

What it is: Many offer counseling on a sliding scale. See Chapter 6.

Cost: Sliding scale.

How to reach it: findahealthcenter.hrsa.gov

8. Meetings

Support group meetings are free. Most do not ask you to sign up, give your name, or say anything. You can sit and listen.

Choosing a meeting

- Try more than one kind. Groups differ in style, and some fit people better than others.
- Open meetings welcome anyone. Closed meetings are for people who want to stop drinking or using.
- Online and phone meetings run at every hour, which helps at night or if you cannot travel.
- If a meeting does not feel right, try a different one before you give up on meetings.

Your first meeting

Get there a few minutes early. You can tell someone near the door that it is your first time, or say nothing. Nobody should ask you for money; many groups pass a basket, and you can let it go by.

The groups and online meetings are listed at the back of this book, under Free Support Groups and Online Meetings.

9. Peer Support

Peer support comes from people in recovery who help others get there. It is not treatment. It is someone who has been through it and can walk with you.

Recovery community organizations

What it is: Local groups run by people in recovery. Many run recovery community centers, groups, and peer recovery coaching.

Cost: Usually free.

How to reach it: Faces and Voices of Recovery keeps a directory at facesandvoicesofrecovery.org. You can also call 211.

What to say: "Is there a recovery community center near me? Do you have peer recovery coaches?"

Warmlines

What it is: Phone lines staffed by peers for when you need to talk but are not in crisis.

Cost: Free.

How to reach it: Call 211 and ask for a warmline in your state.

10. Food, Phone, and Basics

211

What it is: A free, confidential line that connects you to local help with food, housing, utility bills, transportation, and more.

Cost: Free.

How to reach it: Call 211, or go to 211.org.

Hours: Most areas answer 24 hours a day.

What to say: "I need help with [food, rent, a bill, a ride]. What is near me?"

SNAP (food assistance)

What it is: Government help buying food.

Cost: Free if you qualify.

How to reach it: Apply through your state. Call 211 for help, or go to fns.usda.gov/snap.

Food banks

What it is: Free groceries and meals through local pantries.

Cost: Free.

How to reach it: feedingamerica.org has a food bank finder.

Lifeline phone program

What it is: A government program that gives people with low income a discount on phone or internet service.

Cost: Discount if you qualify.

How to reach it: lifelinesupport.org

11. A Safe Place to Live

211

What it is: Finds emergency shelters and housing help near you.

Cost: Free.

How to reach it: Call 211.

What to say: "I need a safe place to sleep tonight."

Public housing agencies

What it is: Government offices that run public housing and housing vouchers.

Cost: Rent based on income.

How to reach it: Find yours at hud.gov, or call 211.

Faith-based residential programs are listed in Chapter 15. The book Finding a Safe Place to Live in this library covers recovery housing in detail.

12. Legal Help

Legal aid

What it is: Free lawyers for people with low income, for problems like housing, benefits, and family law.

Cost: Free if you qualify.

How to reach it: Find your local legal aid office at lsc.gov.

What to say: "I cannot afford a lawyer. Can you help with [problem]?"

Public defenders

What it is: Government lawyers for people charged with a crime who cannot afford one.

Cost: Free or low cost if you qualify.

How to reach it: Ask the court at your first appearance.

Legal aid offices can also tell you whether your state lets you clear an old record. The book Court, Probation, and Recovery in this library goes further.

13. Work

American Job Centers

What it is: Government centers that help with job searches, training, and resumes.

Cost: Free.

How to reach it: Call 1-877-872-5627, or search careeronestop.org.

What to say: "I am looking for work and I would like help getting started."

Vocational rehabilitation

What it is: State agencies that help people with disabilities get and keep jobs.

Cost: Free if you qualify.

How to reach it: Call 211 or search for your state's vocational rehabilitation agency.

What to say: "I would like to know whether I qualify for your services."

The book Work and Recovery in this library goes further.

14. Veterans

Veterans Crisis Line

What it is: Crisis support for veterans, service members, and their families.

Cost: Free.

How to reach it: Call 988 and press 1, or text 838255.

Hours: 24 hours a day, every day.

VA health care

What it is: Health care for eligible veterans, including addiction and mental health care.

Cost: Depends on eligibility.

How to reach it: Call 1-877-222-8387, or go to va.gov.

What to say: "I am a veteran and I want help with drinking or drug use."

Vet Centers

What it is: Community counseling centers for veterans, service members, and their families.

Cost: Free.

How to reach it: Call 1-877-927-8387.

15. Faith-Based Programs

These programs include religious activities. Before you go, ask whether the program is licensed by your state, whether it allows medications for addiction, and whether residents are expected to work.

Salvation Army Adult Rehabilitation Centers

Faith-based program: religious activities are part of the program

What it is: Residential programs for adults that include work therapy, housing, and meals.

Cost: Free.

How to reach it: salvationarmyusa.org, or call 211.

What to say: "Do you have an Adult Rehabilitation Center near me? How do I apply?"

Rescue missions

Faith-based program: religious activities are part of the program

What it is: Local missions that offer meals, shelter, and often long-term recovery programs.

Cost: Free.

How to reach it: Citygate Network lists member missions at citygatenetwork.org.

Celebrate Recovery

Faith-based program: religious activities are part of the program

What it is: Christian recovery meetings held at churches.

Cost: Free.

How to reach it: celebraterecovery.com

16. Harm Reduction

Harm-reduction services help people stay alive and healthier whether or not they have stopped. Using them does not mean giving up on recovery.

Never Use Alone

Harm reduction service

What it is: A hotline for people who are about to use alone. A trained operator stays on the line and sends emergency help to your location if you stop responding.

Cost: Free and confidential.

How to reach it: Call 877-696-1996.

Hours: 24 hours a day, every day.

Syringe service programs

Harm reduction service

What it is: Programs that give out sterile supplies, naloxone, testing, and referrals to care.

Cost: Free.

How to reach it: Find one at nasen.org, or call 211.

NEXT Distro

Harm reduction service

What it is: Mails free naloxone in many states.

Cost: Free where available.

How to reach it: nextdistro.org

Laws on test strips differ by state. Ask a syringe service program or your health department.

17. A Helpline or a Sales Line

Some phone numbers that come up when you search for help are run by companies paid to send callers to specific treatment centers. The person on the line may sound like a counselor.

Warning signs

- They will not say who runs the line or who pays them.
- They push one center, often in another state.
- They offer a free plane ticket, free rent, or cash to go.
- They ask for your insurance details before they answer your questions.

Questions to ask

- "Who runs this line?"
- "Are you paid by the places you send people to?"
- "Can you give me three options near me?"

The SAMHSA National Helpline (1-800-662-4357), 211, and FindTreatment.gov are run by the government or by local nonprofits and do not sell referrals.

18. For Families

People who love someone with an addiction need support too. Family groups are free and meet in person and online. They are listed at the back of this book, under Free Support Groups.

The SAMHSA National Helpline (1-800-662-4357) also helps family members find services for someone they love. The book For Families in this library goes further.

My Local List

Fill this in from the state supplement at aldercreekeditions.com, from 211, or from your own search. Call each place once to check the number.

Crisis line in my state:

Name and number:

Nearest emergency room:

Name and number:

Community health center:

Name and number:

Treatment program that takes my payment:

Name and number:

Detox program:

Name and number:

Mental health clinic:

Name and number:

MY LOCAL LIST

Meeting I will try:

Name and number:

Recovery community center:

Name and number:

Food bank or pantry:

Name and number:

Shelter or housing help:

Name and number:

Legal aid office:

Name and number:

Naloxone pickup:

Name and number:

If I Use Again

If you use again, this book is still yours. Get safe first, then use this plan. Fill it in now, while you are steady.

If you return to opioids after a period of not using or using less, your tolerance may be lower than it was before. Do not use alone. Keep naloxone (Narcan) nearby, and make sure someone with you knows how to use it.

The first person I will call:

If they do not answer, I will call:

A safe place I can go:

What I will do in the next hour:

Who else needs to know (doctor, counselor, group):

What I will do tomorrow morning:

If you are in danger, call 911. For crisis support, call or text 988.

People and Resources

Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number

Crisis: call or text 988
988 Suicide and Crisis Lifeline, 24/7. Chat at 988lifeline.org.

Emergency: 911

Treatment referrals: 1-800-662-4357
SAMHSA National Helpline, free and confidential, 24/7, English and Spanish. Text your ZIP code to 435748 or search FindTreatment.gov.

Free Support Groups

These groups are free to attend. Most meet in person and online. Try more than one until you find a room that fits.

Alcoholics Anonymous (AA) aa.org
12-step groups for people with a drinking problem.

Narcotics Anonymous (NA) na.org
12-step groups for recovery from any drug.

SMART Recovery smartrecovery.org
Skills-based groups with no religious content, for any addiction.

LifeRing Secular Recovery lifering.org
Secular peer support, in person, online, and by email.

Recovery Dharma recoverydharma.org
Peer-led groups based on Buddhist practices.

Celebrate Recovery celebraterecovery.com
Christ-centered 12-step groups, usually hosted by churches.

Women for Sobriety womenforsobriety.org
Support groups for women.

For family and friends al-anon.org
Al-Anon, Nar-Anon, and SMART Recovery Family & Friends.

Online Meetings

Online meetings run at every hour of the day and night. You can use a first name only and keep your camera off. Many also have a phone number you can dial in to with no internet at all.

In The Rooms intherooms.com
Free live video meetings every week for many recovery paths, 12-step and others. A free account with a username is all you need.

AA Online Intergroup aa-intergroup.org
AA meetings by video, phone, chat, and email, around the clock.

Meeting Guide app aa.org
AA's free app lists in-person, online, and phone meetings.

Virtual NA virtual-na.org
Narcotics Anonymous meetings online and by phone.

SMART Recovery Online smartrecovery.org
Online meetings, chat, and message boards.

LifeRing Online lifering.org
Video meetings, chat, forums, and email groups.

Some recovery websites show phone numbers that connect to treatment centers selling their services. For free, neutral referrals, call the SAMHSA National Helpline:

1-800-662-4357

Alder Creek Editions is not connected to any group or website listed in this book. Websites change. If one stops working, the SAMHSA helpline can point you to current options.

About the Author

Stephen Deason has been in Recovery for more than eleven years and still begins and ends each day with meditation and gratitude. He has spent more than thirty years building teams and companies in healthcare and technology.

Stephen writes from his own experience about recovery, economics, business, and social enterprise.

You can find more about Stephen and his work at aldercreekeditions.com and at his personal website, stephendeason.com.

Alder Creek EDITIONS

Also from Alder Creek Editions

The Mile Marker Library

Standalone books and tools for people getting into recovery on their own, and for the people around them. Free printable editions are at aldercreekeditions.com.

1. *Don't Panic: The First Hours After You Stop*
2. *Wallet Crisis Card*
3. *Free Help Directory*
4. *Medications for Addiction, Explained*
5. *Tools You Can Use on Your Own*
6. *Cravings and Hard Hours Workbook*
7. *One Day at a Time, Written Down*
8. *Daily Reader, 365 Days*
9. *Worksheet Library*
10. *Money in Early Recovery*
11. *Work and Recovery*
12. *Finding a Safe Place to Live*
13. *Court, Probation, and Recovery*
14. *For Families*
15. *Group Facilitator Guide*
16. *Employer Guide*

The Weakest Link: A Story About the Systems We Never See

Book I. A business fable about a family caring for an aging parent, and the failures that happen in the handoffs between the people and agencies involved.

The Invisible Architecture: A Story About Senior Care as a System

Book II. The same family returns as care needs grow, and the story widens to show senior care as a system whose structure decides who ends up carrying the work.

The Space Between: Institutional Architecture and Coordination Costs **Forthcoming**

Book III moves from story toward the system itself: why coordination costs fall on the person least able to refuse them, and how organizations can be designed to carry those costs.

The Family Integrator's Handbook

A workbook for the family member who coordinates a parent's care, with the calls, records, schedules, and decisions organized in one place.

The Paid Last Series

Residual Claimants **Forthcoming**

The Owner's Arithmetic **In development**

Capital and Governance **Planned**

Standalone Titles

Valued: How Purpose-Driven Businesses Can Conquer Addiction and Marginalization in America **Forthcoming**

Case studies of companies that hire people in recovery and others shut out of work. Each one earns its place in the market by serving customers first, then carries its social mission alongside.

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