

Free Help Directory: State-by-State Supplement

Part of The Mile Marker Library

Current as of September 2026. For the latest information, see the State Agencies page at FindTreatment.gov.

How to use this supplement

This supplement goes with the Free Help Directory, Book 3 in The Mile Marker Library. It shows you where to find help in your own state, and how to fill in the My Local List pages in the book.

Every service below is free, charges on a sliding scale, takes Medicaid, or is run by the government. Phone numbers, websites, and rules change. Call to confirm before you travel or plan around a listing.

Numbers that work in every state

- Emergency: call 911.
- Crisis or thoughts of suicide: call or text 988. Your call is answered by a crisis center in or near your state. Veterans: call 988 and press 1.
- Free treatment referrals, including programs your state pays for: call the SAMHSA National Helpline at 1-800-662-4357, or text your ZIP code to 435748.
- Local help with food, housing, bills, and rides: call 211, or go to 211.org.

Your state's substance use agency

Every state has an agency that runs the public addiction treatment system and pays for treatment for people who cannot pay. To find yours, go to FindTreatment.gov and open the State Agencies page. It lists each state's agency, and SAMHSA keeps it up to date.

Filling in My Local List

- Crisis line in my state: 988.
- Nearest emergency room: search your map app for "emergency room," or call 211.
- Community health center: findahealthcenter.hrsa.gov. Enter your address.
- Treatment program that takes my payment: FindTreatment.gov. Enter your ZIP code and choose your payment type, such as Medicaid, sliding scale, or no insurance.
- Detox program: FindTreatment.gov, or call 1-800-662-4357 and ask for medically supervised withdrawal near you.
- Mental health clinic: FindTreatment.gov, or call 211.
- Meeting I will try: see Free Support Groups and Online Meetings at the back of the book.

- Recovery community center: facesandvoicesofrecovery.org, or call 211.
- Food bank or pantry: feedingamerica.org, or call 211.
- Shelter or housing help: call 211.
- Legal aid office: lsc.gov.
- Naloxone pickup: your local health department (call 211), a pharmacy, or nextdistro.org.

Medicaid and CHIP, state by state

Medicaid is free or low-cost health coverage for people with low income, and in many states it covers addiction treatment and medications. SAMHSA keeps a page for each state's Medicaid and CHIP program, with how to apply. Find your state below. In the PDF, each state name links to its page. On paper, go to samhsa.gov and search for Medicaid or CHIP State Search.

Alabama

[Medicaid and CHIP in Alabama, on SAMHSA.gov](#)

Alaska

[Medicaid and CHIP in Alaska, on SAMHSA.gov](#)

Arizona

[Medicaid and CHIP in Arizona, on SAMHSA.gov](#)

Arkansas

[Medicaid and CHIP in Arkansas, on SAMHSA.gov](#)

California

[Medicaid and CHIP in California, on SAMHSA.gov](#)

Colorado

[Medicaid and CHIP in Colorado, on SAMHSA.gov](#)

Connecticut

[Medicaid and CHIP in Connecticut, on SAMHSA.gov](#)

Delaware

[Medicaid and CHIP in Delaware, on SAMHSA.gov](#)

District of Columbia

[Medicaid and CHIP in District of Columbia, on SAMHSA.gov](#)

Florida

[Medicaid and CHIP in Florida, on SAMHSA.gov](#)

Georgia

[Medicaid and CHIP in Georgia, on SAMHSA.gov](#)

Hawai'i

[Medicaid and CHIP in Hawai'i, on SAMHSA.gov](#)

Idaho

[Medicaid and CHIP in Idaho, on SAMHSA.gov](#)

Illinois

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Indiana

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Iowa

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Kansas

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Kentucky

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Louisiana

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Maine

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Maryland

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Massachusetts

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Michigan

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Minnesota

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Mississippi

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Missouri

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Montana

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Nebraska

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Nevada

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New Hampshire

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New Jersey

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New Mexico

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New York

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North Carolina

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North Dakota

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Ohio

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Oklahoma

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Oregon

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Pennsylvania

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Puerto Rico

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Rhode Island

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South Carolina

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South Dakota

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Tennessee

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Texas

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Utah

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Vermont

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Virginia

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Washington

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West Virginia

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Wisconsin

[Medicaid and CHIP in Wisconsin, on SAMHSA.gov](#)

Wyoming

[Medicaid and CHIP in Wyoming, on SAMHSA.gov](#)

About this supplement

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