

Hotlines and Warmlines for Recovery Support and Harm Reduction from Drugs, Alcohol, and Eating Disorders

Updated 11/2024

Not all services are available 24/7, operating hours vary. While many of the services will aim to maintain your privacy, several have policies of alerting emergency services if they become aware of anyone being a danger to self or others. Information about policies is also provided on this list.

Hotlines tethered to intake for specific treatment programs not included on this list.

Program	Contact Information	Individuals Served	Will They Call The Police?
SAMHSA's National Helpline	800-662-HELP	Referral and information service for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.	Operators will refer to 988 or 911 if the individual who calls is in crisis and then hang up. They are not trained to provide crisis services and do not connect you themselves or facilitate a warm hand off.
Alcoholics Anonymous	aa.org (Look up your location to be connected with a local support line)	Alcoholics Anonymous® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.	Each location will have their own policy about involving law enforcement. Be sure to ask when you call and consider what information you share if that is a concern for you.
Narcotics Anonymous	https://usa-na.org/ (Look up your location to be connected with a local support line)	NA is a nonprofit fellowship or society of men and women for whom drugs had	Each location will have their own policy about involving law enforcement. Be sure

		<p>become a major problem. We are recovering addicts who meet regularly to help each other to stay clean.</p>	<p>to ask when you call and consider what information you share if that is a concern for you.</p>
<p>Gamblers Anonymous</p>	<p>Gamblersanonymous.org (Look up your location to be connected with a local support line)</p>	<p>GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.</p>	<p>Each location will have their own policy about involving law enforcement. Be sure to ask when you call and consider what information you share if that is a concern for you.</p>
<p>National Problem Gambling Helpline</p>	<p>800-GAMBLER 800GAM (Text) ncpgambling.org (Online Chat)</p>	<p>The National Council on Problem Gambling. The helpline serves as a one-stop hub connecting people looking for assistance with a gambling problem to local resources.</p>	<p>Policy states if someone's life is in imminent danger, the helpline operator will share vital information with emergency services to save the caller's life.</p>
<p>Never Use Alone</p>	<p>877-696-1996</p>	<p>Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone.</p>	<p>Policy states they will request your exact location and look up EMS services based on that information. All operators are harm reductionists. Their goal is to reduce harm, not increase it, by getting you arrested. If they call on your behalf, they will report you as "unresponsive"</p>

			not as having overdosed, reducing the chance that only EMS responds and not the police.
SafeSpot	800-972-0590	Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone.	In the rare event that you stop responding to us, we will get you help either through a predetermined responder or by notifying your local Emergency Medical Services.
National Association of Anorexia Nervosa and Associated Disorders Helpline	888-375-7767	Our free, Eating Disorders Helpline is available for treatment referrals, support and encouragement, and general questions about eating disorders.	Program policy states that any information collected from you may be used in accordance with privacy laws in the U.S.
National Alliance For Eating Disorders	866-662-1235	Free therapist-staffed helpline offering support and referrals to all levels of care.	Program policy states that certain circumstances, Company may be required to disclose your Personal Data if required to do so by law or in response to valid requests by public authorities (e.g. a court or a government agency).