

## Resources

[jobsandhope.wv.gov](http://jobsandhope.wv.gov)

**1-833-784-1385**

West Virginians in recovery are provided the opportunity to obtain career training and to secure meaningful employment.

**1-844-HELP4WV (1-844-435-7498)**

[www.help4wv.com](http://www.help4wv.com)

A trained peer specialist will listen and make a recommendation about an intervention or treatment service.

[www.HelpandHopeWV.org](http://www.HelpandHopeWV.org)

Browse resources in WV for substance use disorder.

[www.lifering.org](http://www.lifering.org),

[www.smartrecovery.org](http://www.smartrecovery.org)

[refugerecovery.org](http://refugerecovery.org)

Find nationwide online programs to help those seeking recovery.

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

Find alcohol, drug, or mental health treatment facilities in WV and around the country.

[www.aa.org](http://www.aa.org)

[www.na.org/meetingsearch](http://www.na.org/meetingsearch)

Find an Alcoholics Anonymous or Narcotics Anonymous meeting near you.

**1-800-273-8255**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

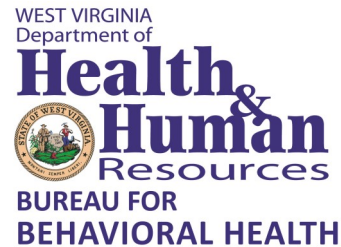
Call if you or someone you know is in danger of self-harm.

[al-anon.org/al-anon-meetings](http://al-anon.org/al-anon-meetings)

Consider attending an Al-Anon meeting or another family support group to learn how to cope and better serve your loved one's challenges with addiction.

For more resources, visit:

[dhhr.wv.gov/Office-of-Drug-Control-Policy](http://dhhr.wv.gov/Office-of-Drug-Control-Policy)



350 Capitol Street  
Room 350  
Charleston, WV 25301

Phone: 304-356-4811  
Fax: 304-558-1008  
Website: [dhhr.wv.gov/bhbf](http://dhhr.wv.gov/bhbf)

West Virginia Department of  
Health and Human Resources

Bureau for Behavioral Health



Resources for  
Substance  
Use Disorder

## Identify Substance Use Disorder

- Continuing to use the substance, even though you know it's causing problems in your life, including physical or psychological harm.
- Feeling that you have to use the substance regularly, daily or even several times a day, or having intense urges for the substance to block out other thoughts.
- Over time, needing more of the substance to get the same effect and making certain that you maintain a supply of the substance.
- Doing things to get the substance that you normally wouldn't do, such as stealing.
- Failing in your attempts to stop using the substance.
- Feeling bad, not just feeling the original pain, when you attempt to stop taking the substance.

If you are unsure whether you have a substance use issue, seek help from a trained professional or visit a physician.



## Overdose Risks

- Tolerance drops within a few days and puts an individual at greater risk for overdose (OD). This is why those who restart using opioids after a break are almost 10 times more likely to die from OD.
- Using opioids with alcohol, sedating drugs, or upper medications. Combining any of these increases the risk of OD.
- Any heroin or drug purchased on the street increases the risk of OD, due to unknown purity and contaminants.
- Using long-acting opioids (like methadone) or powerful opioids (like fentanyl) increases the risk of OD.
- Having a heart or lung disease and using opioids increases the risk of OD.

## Recovering from an Overdose

Get naloxone from your local health department or pharmacy and find a network of support, which may include:

- Family and friends
- Faith-based organizations or peer support groups
- Educational or government agencies
- Neighborhood or community support groups
- Health care and behavioral health providers
- Harm reduction clinics

## Reducing Harm from Infectious Diseases

The best way to reduce the risk of disease and infection is to stop injecting drugs. Harm reduction clinics are a great place to find resources in your local area. Please check with your local health department to see what is offered.

Hepatitis A, hepatitis B, hepatitis C, and HIV are diagnosed by your symptoms, a physical exam and blood tests.

If you think you have been exposed to hepatitis A, hepatitis B, hepatitis C or HIV, your local health department can do a simple blood test and help you find treatment. If you don't have the disease, the health department often can provide vaccines or medication to prevent you from contracting these diseases.

High risk activities that spread these infectious diseases are:

- Sharing needles, syringes, spoons/cookers, cottons, ties or other equipment to prepare or inject drugs
- Getting stuck by a needle someone else has used
- Unsanitary tattooing