

Family & Friends

Providing Support for Someone Dealing with Mental and/or Substance Use Disorders

When a family member or friend is struggling with a mental disorder or drinking/using drugs, your support is important to getting them the treatment they need. Here are some resources to help you navigate the process:

Mental Health America (MHA)

www.mhanational.org

MHA promotes mental health and preventing mental illness through advocacy, education, research and services. The website offers mental health facts, self-help tools (mental disorder screenings), and education materials (facts, causes symptoms, treatments, resources) for various mental illness, brain diseases, and brain disorders.

“I Am Not Sick, I Don’t Need Help! How to Help Someone with Mental Illness Accept Treatment.”

By Xavier Amador, 2012 Available on Amazon.com

National Alliance on Mental Illness (NAMI)

www.NAMI.org

Nation's leading voice on mental health working to raise awareness and provide support and education. The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. To contact the NAMI Helpline, please call 800-950-NAMI (6264), Monday through Friday from 10 a.m. to 6 p.m., ET, or send an email to info@nami.org. Their website offers mental health condition information (signs, symptoms, treatments) and provides additional resource materials for family and friends.

Carroll County MHA offers NAMI peer-led support groups weekly. For more info, call 770-830-2048.

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. If you, or a family member, needs help with a mental or substance use disorder, call SAMHSA's National Helpline at 1-800-662-HELP (4357). Also provides Treatment Service Locators and information regarding accessing treatment.

www.samhsa.gov/families provides helpful guides (*Starting the Conversation, Helping a Loved One*) and links to additional resources.

What Is Substance Abuse Treatment?

A Booklet for Families

(<https://store.samhsa.gov/product/What-Is-Substance-Abuse-Treatment-A-Booklet-for-Families/SMA14-4126>)

This brochure is for family members of people living with substance use disorders. It answers questions about substance use disorders, their symptoms, different types of treatment, and recovery. The brochure also addresses concerns of children of parents living with substance use disorders.

Georgia Crisis and Access Line: 1-800-715-4225

Crisis TEXT Line: Text HELLO to 741741

Suicide Prevention Hotline: 1-800-273-TALK (8255)

Veterans Crisis Line: 1-800-273-8255 (press 1)

CARES Warm Line: 1-844-326-5400 (8 :30am – 11pm)

Carroll County Mental Health Advocates

306A Bradley St., Carrollton, GA 30117

cchmadvocates.org (770) 830-2048

cmhadvocacy@gmail.com