
Where to Find Help

Helpline where I live: _____

International directory of crisis lines: findahelpline.com

If you're having thoughts of harming yourself

- US and Canada: call or text 988.
- UK and Ireland: Samaritans 116 123.
- Australia: Lifeline 13 11 14.
- Elsewhere: find a number at findahelpline.com, or call your emergency number.

About alcohol, withdrawal and treatment

- US: SAMHSA National Helpline 1-800-662-4357, free, around the clock.
- UK: Drinkline 0300 123 1110.
- Australia: National Alcohol and Other Drug Hotline 1800 250 015.
- Your family doctor or GP: a good place to start in any country.

Support groups (Chapter 10): AA (aa.org); SMART Recovery (smartrecovery.org); groups for family and friends such as Al-Anon (al-anon.org).

Domestic violence

- US: 1-800-799-7233. Elsewhere: find a service at findahelpline.com, or call your emergency number if you're in danger.

Someone I can call: _____ **My doctor:**
