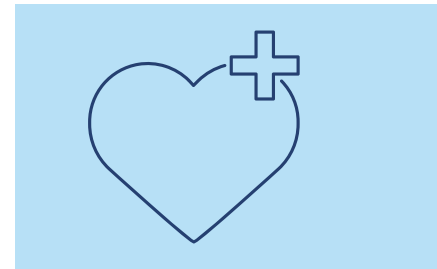


# Recovery Resource List

This list highlights resources related to substance use disorder awareness, recovery, and safe medication disposal. In many cases, staff at these organizations can also connect individuals to other supports.



## **ALLEGHENY COUNTY SUBSTANCE USE WEBSITE**

Provides support around immediate substance use screening and referrals, ongoing support for substance use, overdoes prevention, and other helpful resources.

## **SAMHSA'S NATIONAL HELPLINE**

A free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders. 1-800-622-HELP (4357)

## **UNITY RECOVERY**

Non-clinical peer recovery support specialists who provide individual & family member and loved one recovery support services, community education and training, and a 7 day a week drop-in center for use by anyone looking for a welcoming and inclusive space to focus on their health and wellness.

## **JADE WELLNESS CENTER**

Provides a comprehensive variety of individualized, flexible drug and alcohol outpatient treatment options for adults, adolescents, and families struggling with substance use disorders at all stages of the addiction process.

## **WECONNECT!**

A free app individuals can use to join online support meetings, schedule healthy routines, and track progress.

## **FACES & VOICES OF RECOVERY: RECOVERY SUPPORT SERVICES**

Their search tool provides information about mutual aid groups for people seeking or in long-term recovery, their families, and loved ones. Some of these groups are online and others hold in-person/face-to-face meetings in communities across the country.

## **PREVENTION POINT PITTSBURGH**

A nonprofit organization dedicated to providing health empowerment services to people who use drugs, including support with Medication Assisted Treatment.



## **DISPOSAL OF UNUSED MEDICINES**

Provides resources on how to properly dispose of unused or expired drugs.

## **CONTROLLED SUBSTANCE PUBLIC DISPOSAL LOCATIONS**

A searchable database of disposal locations for controlled substances.

### Note

-  Support resources for individuals with substance use disorder and their family members
-  Disposal of controlled substances and prescription medications

## **RECOVERY COMMUNITY ORGANIZATIONS**

[Alcoholics Anonymous](#) - Anyone with a desire to stop drinking is welcome, regardless of race, gender, sexual orientation, religion, income or profession. Available online or in person.

[LifeRing Secular Recovery](#) - An organization of people who share practical experiences and sobriety support. Within the group there are as many ways to live free of illicit or non-medically indicated drugs and alcohol as there are stories of successful sober people.

[Narcotics Anonymous](#) - A list of local support group meetings for individuals in recovery. This is a program of complete abstinence from all drugs.

[Marijuana Anonymous](#) - A fellowship of people who share experience, strength and hope with each other to support recover from marijuana addiction. Available online or in person.

[PA Organization for Women in Early Recovery \(POWER\)](#) - Helps women reclaim their lives from addiction and related emotional health issues and works to improve the well-being of future generations.

[Recovery Dharma](#) - A peer-led movement and community that is unified by trust in the potential of each person to recover and find freedom from the suffering of addiction. Aligned with the traditional Buddhist teachings, often referred to as the Dharma. Available online or in person.

[SMART Recovery](#) - An international non-profit organization that provides assistance to individuals seeking abstinence from addiction. SMART stands for Self-Management and Recovery Training. Available online or in person.

[Women for Sobriety \(WFS\)](#) - An organization whose purpose is to help all women find their individual path to recovery through discovery of self. This is an abstinence-based, self-help program for women overcoming challenges with alcohol and other drug use. Available online or in person.

[Pittsburgh Recovery Walk](#) - Additional recovery support options, including groups for friends and family members. Many of the meetings listed are available both online and/or in person.



Use this QR code to access an online version with hyperlinks for each resource.