

Discharge Resources

A. Working a recovery program is the single most effective way to stay clean/sober.

Recovery groups can be located in the lists provided or in the following ways:

Alcoholics Anonymous (AA) is listed in the white pages nationwide with local phone numbers.

Call AA Inter-Group Office: (330)-270-3000 for a contact person

Cocaine Anonymous 24 Hour Helpline: (866)-777-0983

Narcotics Anonymous Helpline: (888)-438-4673 (888-GET-HOPE)

Gamblers Anonymous: (888)-424-3577 (888-GA -HELPS)

Alcoholics Anonymous: www.aa.org

Online AA Resources: www.recovery.org/aa/

Cocaine Anonymous: www.ca.org

Marijuana Anonymous Home Page: www.marijuana-anonymous.org/

Narcotics Anonymous Home Page: www.na.org

Gamblers Anonymous Home Page: www.gamblersanonymous.org

B. Recovery is abstinence plus change

- Don't use
- Go to meetings! Go to 90 meetings in 90 days
- Get and use a sponsor
- Read the Big Book and Basic Text
- Work the Twelve Steps
- Seek a Higher Power
- Stay away from people and places that remind you of using
- Remember, one day at a time

C. Useful contacts:

Suicide Hotline: 800-784-2433 or 211 (Crises line for assistance, counseling, food, utilities etc)

Health Network: 330-747-2696

Meridian Community: Care: 330-797-0070

Turning Point Counseling: 330-744-2991

Fellowship Hall: 2555 Rush Blvd., Youngstown, OH 44507

County Drug and Alcohol Services:

Mahoning: 330-743-9509

Trumbull: 330-675-2765

Columbiana: 330-424-1468

Community Solutions Assn: 330-394-9090

Glenbeigh Outpatient Center: 330-652-6770

First Step Recovery: 330-369-8022

New Start Treatment Center: 330-306-5010

Neil Kennedy Recovery Center: 330-609-5441

Teen Challenge: 330-779-0099

New Day Recovery: 330-953-3300

New Vision (East Liverpool Hospital): 330-386-3193

Valor: 330-330-8777