

# HelpAndHopeWV.org

Substance use disorder is *preventable* and *treatable*.



WEST VIRGINIA COMMUNITY RESOURCES

**2-1-1**

West Virginia

## WV 211

[wv211.org](http://wv211.org) • Call 2-1-1

The West Virginia 211 helps locate social services and resources in your community whether financial, domestic, health, or disaster-related.



## HELP4WV

[help4wv.com](http://help4wv.com) • 1-844-HELP4WV • (1-844-435-7498)

Provides immediate help for those struggling with substance use or mental health issues. HELP4WV features 24-hour access to call, text, and chat. It also has a searchable on-line resource directory. HELP4WV also serves as the statewide Children's Crisis and Referral Line to connect children, youth, and families with mobile crisis and other community based services.



## Help304

[help304.com](http://help304.com) • 1-877-HELP304 • (1-877-435-7304)

Feeling anxious, overwhelmed or emotionally exhausted? Help304 is an emotional strength line for West Virginia. By phone, text, or chat, you can connect with professional crisis counselors who are trained to listen and help you find the way forward with stress-management strategies as well as community resources and referrals.



## National 988 Suicide and Crisis Lifeline

[988lifeline.org](http://988lifeline.org)

988 provides 24/7 access to trained crisis counselors who can help prepare individuals experiencing mental health related stress, including thoughts of suicide, mental health, or substance use crisis or any other kind of emotional distress. Individuals and other audiences can call, text, or chat the 988 lifeline.



## Help & Hope WV

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

Help & Hope WV is a statewide website with information about prevention, treatment, and recovery. The site offers resources for families, prescribers, educators, communities, etc.