If **you** or someone you **care** about needs **help** for

HOPE / HELP

Drugs, Alcohol, Gambling

Call or Text

1-877-8-HOPENY

1-877-846-7369

There is hope and help.

- All calls and texts are free and confidential
- 24 hours a day, 7 days a week
- Information and referrals from masters-level clinicians

NEW YORK STATE | **Office of Alcoholism and Substance Abuse Services**

Addiction Services for Prevention, Treatment, Recovery

www.oasas.ny.gov