



Get Help

Supports Meeting 2, Activity 2, Choices 1, 2, and 3

If you or someone you know is struggling with substance use disorder, help is available! Check out these national helplines to find support for yourself, a friend, or a family member during a crisis.

988 Suicide & Crisis Lifeline: dial 988

The 988 Lifeline provides 24/7, free, and confidential support for people in distress, along with prevention and crisis resources.



SAMHSA's National Helpline: 1-800-662-HELP (4357)

This free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish), from the Substance Abuse and Mental Health Services Administration, assists individuals and families facing mental and/or substance use disorders.

National Drug Helpline: 1-844-289-0879

You can call this free, confidential, 24/7 drug and alcohol hotline to get information for yourself or a friend or family member.



Teen Line: 1-800-TLC-TEEN (1-800-852-8336)

This is a helpline for teens, by teens. Services are available via phone (6:00 – 10:00 p.m. PST) or chat (6:00 – 9:00 p.m. PST). The Teen Line provides support for various issues, including substance use.

The resources above are for informational purposes only and are not an attempt by Girl Scouts of the U.S.A. ("GSUSA") to practice medicine or to give specific medical advice, including, without limitation, advice concerning the topic of mental health or substance use. Therefore, these resources should not replace consultation with your doctor or other qualified health providers and/or specialists. Never disregard, avoid, or delay obtaining advice from your licensed health care provider because of something you have read or experienced through our badges. If you believe you or another individual is suffering a mental health crisis or other medical emergency, contact your doctor immediately, seek medical attention immediately in an emergency room, or call 911.

Detailed choice activities, meeting tools, and additional resources and materials can be found within the Volunteer Toolkit [VTK] on my.girlscouts.org.