



Well-Being and Substance Use Resource Guide

The addiction epidemic is a biopsychosocial issue that employers can be a part of addressing by having an understanding of the implications for employee well-being, addressing the stigma, promoting healthy attitudes about substances, and having resources on hand to support any employee that may be impacted by addiction.

This guide includes reputable resources that provide education, training, research, support, guidance, hotlines, information on prevention, treatment, recovery, and more to support you and your employees.

A Note on Resources: Sadly, there are many predatory organizations that hold themselves out as providing help and information about addiction treatment. It is often difficult to tell the difference between reputable, science-based information and these predatory attempts. I recommend using resources supported and promoted by SAMHSA, the US Substance Abuse and Mental Health Services Administration.

NATIONAL HELPLINE

SAMHSA offers a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Call: 1-800-662-HELP (4357)

Text: 435748 (HELP4U)

TTY: 1-800-487-4889

PARTNERSHIP TO END ADDICTION

Reputable source for scientific information related to addiction, prevention, treatment, and recovery. Partnership to End Addiction provides information geared towards families.

www.drugfree.org

SHATTERPROOF

National advocacy organization that focuses on reducing the stigma around addiction. Provides high-quality data on addiction, substance use, and treatment. Shatterproof also features stories of recovery.

www.shatterproof.org

SAMHSA'S DRUG FREE WORKPLACE PROGRAMS

Provides resources specifically for federal employees and federally regulated industries. Provides many compliance-based recommendations and guidance.

www.samhsa.gov/workplace

OPIOID PREVENTION AT WORK

Provides prevention information, resources, and research related to opioid addiction in the workplace.

www.opioidpreventionatwork.org

RECOVERY FRIENDLY WORKPLACES INITIATIVE

A national movement to start chapters that support the development of Recovery Friendly Workplaces. State chapters:

- » New Hampshire: www.recoveryfriendlyworkplace.com
 - » Pennsylvania: recoveryfriendlypa.org
 - » Nevada: forrecovery.org/workplace
 - » Connecticut: www.recoveryworksct.org
 - » Missouri: recoveryfriendlymo.com
 - » Rhode Island: recoveryfriendlyri.com
 - » Kentucky: chfs.ky.gov/News/Documents/nrktepprogram.pdf
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For more information about the Recovery Friendly Workplaces Initiative in your state, or to get involved in the Recovery Friendly Workplaces Community of Practice, contact Samantha Lewandowski, Assistant Director of New Hampshire's Recovery Friendly Workplace initiative (sam@recoveryfriendlyworkplace.com)