



## SUD & Mental Health Resources for Health Care Professionals

Substance use disorder (SUD) continues to be an epidemic and mental health conditions are more prevalent. Health care workers are not immune to these medical conditions and are often at higher risk than others due to the daily stressors they encounter. Untreated SUD and mental health conditions not only put a health care worker's career at risk, but it may also endanger the life of a patient.

Effective treatment for these conditions is available, and health care professionals in treatment or recovery can return to practice.

NABP and its member boards of pharmacy encourage health care professionals with SUD or mental health conditions to seek help. To help you on your journey, we have compiled a list of national resources.



**Crisis Text Line:** Text HOME to 741741 to connect with a volunteer crisis counselor about anything from anxiety, eating disorders, depression, self-harm, and suicide.

**Suicide and Crisis Lifeline:** Call or text 988 or chat [988lifeline.org](https://988lifeline.org) if you need help or if you are worried about a loved one who may need crisis support.

**Domestic Violence Support:** Call 1-800/799-SAFE (7233) or text START to 88788 if you need immediate help. For local providers and resources, visit the Get Help section on the organization's website, [thehotline.org](https://thehotline.org).

**SUD Treatment:** Call 1-800/662-HELP (4357) if you or a family member is facing mental and/or SUD. SAMHSA's national helpline provides free, confidential treatment referral and information. They are available 24/7, 365 days a year.

**Pharmacists Recovery Network Directory:** Visit [usaprn.org](https://usaprn.org) to find a directory of state pharmacist recovery networks. This website was created for pharmacists and pharmacy students to provide them with resources to deal with SUD.

These resources are for informational purposes only and do not constitute an endorsement by NABP. They do not represent a complete list of the resources available. If you are having a medical emergency, call 911.