



Get help to overcome substance misuse.

StartYourRecovery.Org



Hear stories that you can relate to.



Learn about substance use disorder.



Find support in your local area.

GET HELP NOW

ABOUT US

StartYourRecovery.org is a single source of relatable, reliable information at any stage of your recovery journey. Get reputable, objective information about signs, symptoms, conditions, treatment options, and resources, presented in a user-friendly format that's easy to understand.

StartYourRecovery.org

Find local rehab centers, counseling and support groups

Emergency Assistance: 911

For emergencies, including suspected overdose

SAMHSA Helpline: 1-800-662-4357

Confidential free help to find substance use treatment and information

National Suicide Prevention Lifeline: 988

If you or someone you know is experiencing a mental health or emotional crisis