

A ROADMAP TO BEHAVIORAL HEALTH

A Guide to Using Mental Health and Substance Use Disorder Services



Roadmap to Behavioral Health

This new resource focuses on 8 steps to use behavioral health services like finding a provider, receiving services, and following up on...

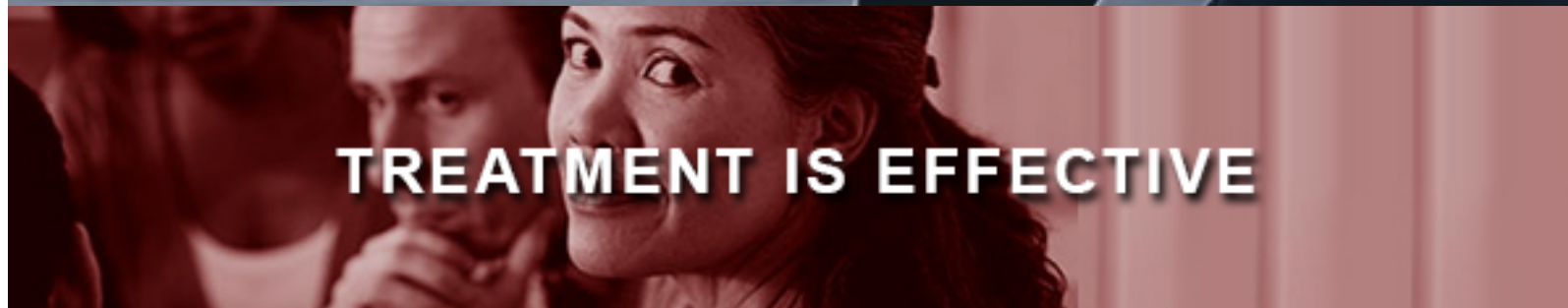
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BEHAVIORAL HEALTH IS ESSENTIAL TO HEALTH



PREVENTION WORKS



TREATMENT IS EFFECTIVE

PEOPLE RECOVER



SAMHSA in the News



02/03/18

[Assessing childhood experiences to try to prevent addiction](#)

Citizen Times



02/01/18

[Privacy rule on substance use disorder records needs update](#)

Health Data Management



01/17/18

[Trump HHS: We're bringing new urgency to crisis](#)

USA Today

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Featured Resource

FINDING QUALITY TREATMENT FOR SUBSTANCE USE DISORDERS

FOR A DRUG OR ALCOHOL USE EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM

THREE STEPS TO ACCESSING CARE

1. **If you have insurance:** Contact your insurer. Ask about your coverage and whether they have a network of preferred providers for you to use.
If you don't have insurance: Each state has funding to provide treatment for people without insurance coverage. Find where to call for information about payment for services at: <https://www.samhsa.gov/sites/default/files/ssa-directory.pdf>
2. Review the websites of the providers and see if they have the [five signs of quality treatment](#) detailed below.
3. Call for an appointment. If they can't see you or your family member **within 48 hours**, find another provider. One indicator of quality is the ability to get an appointment quickly. Many programs offer walk-in services. Look for programs that can get you or a family member into treatment quickly.

Treatment Locators

Substance Use and Mental Health Treatment Locator:
<https://findtreatment.samhsa.gov/>
1-800-662-HELP (4357)
1-800-487-4899 (TTY)

Alcohol Treatment Navigator:
<https://alcoholtreatment.niaaa.nih.gov/>

SAMHSA's new fact sheet provides guidance for choosing quality, effective treatment services. Get the facts and download [Finding Quality Treatment for Substance Use Disorders](#).

Get Connected with SAMHSA's Free Apps



Behavioral Health
Disaster Response App



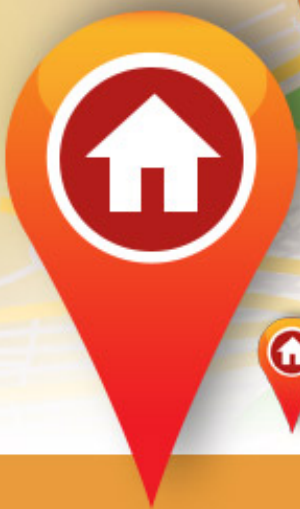
KnowBullying



Suicide Safe



Talk They Hear You



BEHAVIORAL HEALTH TREATMENT LOCATOR

NATIONAL SUICIDE PREVENTION LIFELINE™

1-800-273-8255 (TALK)

NATIONAL HELP LINE



1-800-662-4357 (HELP)

Disaster Distress Helpline

1-800-985-5990

SAMHSA Blog

[New Medicare Cards Protect Your Personal Information](#)

01/29/18

Starting in April 2018, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are...

READ IN-DEPTH ARTICLES

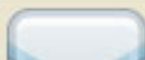
The logo for SAMHSA NEWS features a stylized human figure with arms raised in a 'V' shape, followed by the text 'SAMHSA NEWS' in a bold, sans-serif font.

MentalHealth.gov

stopbullying.gov

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HOUSE



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and Human Services



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Русский

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Kreyòl Ayisyen

Italiano

English

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

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1-877-SAMHSA-7 (1-877-726-4727)



