

Sharp Increase in Number of Opioid Related Deaths in 2020

Almost 20% of adults in the US have a mental health condition

But there is HOPE



Things to Know about Addiction and Mental Health:

- Individuals recover from addiction and mental health conditions every day.
- Save a Life: Get trained and carry Narcan. Search Narcan on YouTube and text Erie County Department of Health at 716.225.5473 to get narcan mailed to you.
- Just as each person is unique, there are many different options available to treat addiction and mental health conditions.
- There is support for family and friends of someone who has an addiction or mental health condition.
- If you or your loved one, isn't ready to address the addiction, harm reduction is a way to try and minimize the negative consequences of use.

Addiction and mental health conditions are both lifelong, chronic diseases of the brain, and are not a moral failing or personality defect.



Services that Offer Help for Addiction and Mental Health in Erie County

Addiction Hotline 716.831.7007	Addict to Addict Family to Family 716.836.2726	Alcoholics Anonymous 716.853.0388 http://www.buffaloaany.org/
Alanon 716.856.2520	Community of Caring community-of-caring.shswny.org	Crisis Services 716.831.3131
NAMI 716.226.6264	Narcotics Anonymous 716.878.2316 nawny.org	Save the Michaels 716.984.8375 https://savethemichaels.org/

With help comes Hope

