**HELP WHERE YOU NEED IT:**

**Programs for addiction, recovery, support of a friend or family with addiction, or supporting yourself as part of another person’s addiction:**

Find Help, [https://www.findhelp.org/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.findhelp.org%2F&data=05%7C01%7Cbeaverjm2%40udmercy.edu%7C1a8f2be4976948ac57d108dad4991aaf%7Cc8a4c2d8bd6840bab8b67522be9a7171%7C0%7C0%7C638056051280690485%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RRok5GdiSO976x42ied8VGKksQJqq8FpjWeC6Y%2BqX%2BE%3D&reserved=0) is a website to assist in finding support, treatment, residential treatment, and resources in your area that are specific to the type of misuse; whether it is medication, alcohol, or other substance, and specific to the individual seeking assistance. On the Find Help website, you can enter your zip code; choose the Health tab; Addiction & Recovery, to view hundreds of resources including women alcoholics, children of alcoholics, opioid misuse, recovery, and other specific groups and needs. Online support groups are widely available.

**CAMPUS ASSISTANCE:**

**The Wellness Center**provides personal counseling services and a certified alcohol and other drug counselor, able to assist students with next steps in the treatment of substance abuse. The Wellness Center is located on the McNichols Campus in West Quad, Room 104, and open Monday through Friday, 10:00 am to 5:00 pm. You can reach out directly at 313-993-1562 or personalcounselingwc@udmercy.edu.

**VETERAN ASSISTANCE:**

**U.S. Veterans Affairs (VA)**, [https://www.va.gov/health-care/health-needs-conditions/substance-use-problems/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.va.gov%2Fhealth-care%2Fhealth-needs-conditions%2Fsubstance-use-problems%2F&data=05%7C01%7Cbeaverjm2%40udmercy.edu%7C1a8f2be4976948ac57d108dad4991aaf%7Cc8a4c2d8bd6840bab8b67522be9a7171%7C0%7C0%7C638056051280690485%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NOj05KuqXjYEVCkkKcRJB1RaL4x5p%2BCDPCaOGgy0zII%3D&reserved=0) offers assistance to Veterans with alcohol, tobacco, prescription medication, and other drug misuse that include detoxification assistance, counseling, and support services.

**READY FOR TREATMENT:**

You can find questions to ask when deciding on an **alcohol**treatment protocol or treatment facility, [HERE.](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Falcoholtreatment.niaaa.nih.gov%2F%3F_gl%3D1*d21bfs*_ga*NDEzODk0MTk3LjE2NjQ1NTE0NTI.*_ga_E2D8B2PVE9*MTY2OTk5NDAxNC41LjAuMTY2OTk5NDAxOC4wLjAuMA&data=05%7C01%7Cbeaverjm2%40udmercy.edu%7C1a8f2be4976948ac57d108dad4991aaf%7Cc8a4c2d8bd6840bab8b67522be9a7171%7C0%7C0%7C638056051280690485%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Bikout5SmyQ5lQpSUcEg4m6aixLhfYYX5kEEWqWU8UM%3D&reserved=0)  An assessment tool for deciding on **drug** misuse treatment protocols or facilities can be found [HERE.](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.treatmentconnection.com%2Fassessment&data=05%7C01%7Cbeaverjm2%40udmercy.edu%7C1a8f2be4976948ac57d108dad4991aaf%7Cc8a4c2d8bd6840bab8b67522be9a7171%7C0%7C0%7C638056051280690485%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BnxfhQ4q3w5shwNQ1S7vjNP%2B%2BcT5a2zwwRC1YqDmFRU%3D&reserved=0)

Any employee requiring time away from work to participate in residential treatment can contact Human Resources at 313-993-1036 or hr@udmercy.edu for further information on resources protocols for time away.

Students requiring time away from studies to participate in residential treatment can contact the Dean of Students’ office at 313-993-1028 or leonarmj@udmercy.edu

It takes courage to recognize misuse and seek treatment.