

# Get Help Now


Substance Use Disorder Helpline Toolkit





# Get Help Now

Every person deserves support, understanding, and access to help when they need it most. Too many Pennsylvanians are facing the challenges of substance use alone — but recovery is possible, and help is always available.

The Get Help Now helpline is free, confidential, and available 24/7. Whether you're looking for treatment for yourself or support for someone you care about, compassionate professionals are ready to listen and connect you to local resources.

 **Call:** 1-800-662-HELP (4357)

 **Text:** 717-216-0905

 **Chat live:** [pa.gov/gethelp](https://pa.gov/gethelp)

## Who are we trying to reach?

This campaign includes resources for anyone facing challenges with drug or alcohol use. While the alcohol materials are designed with older adults (65+) in mind, the message of hope and support is universal — help is for *everyone*.

## How can you help?

You never know who's fighting a silent battle. By sharing this message, you might help someone take the first step toward recovery.

Please share the content in this toolkit across your channels — social media, newsletters, websites, or in your community spaces. Every share helps connect Pennsylvanians to the care and support they deserve.

Thank you for helping spread the word about **Get Help Now** — because no one should have to face addiction alone.

[Download Assets](#)

## Social Media

*Suggested captions to pair with graphic.*

Recovery is tough, but so are you. Free, confidential help is here 24/7. Call 1-800-662-HELP.

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Take back your life, recovery is possible. Hope and help are here.

☎ Call 1-800-662-HELP

💬 Text 717-216-0905



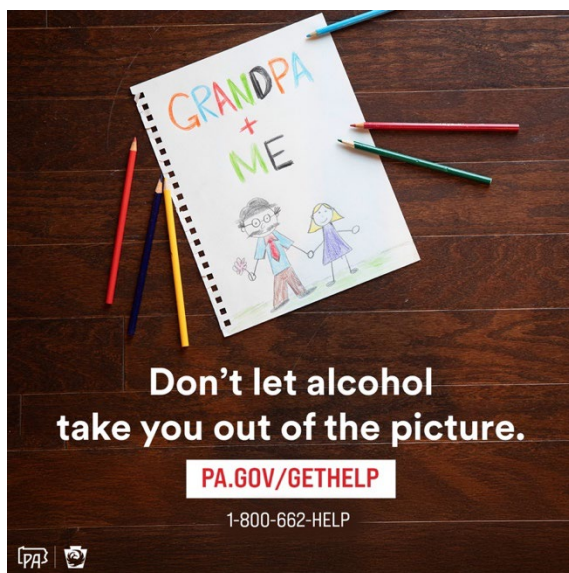
Stay connected to those who matter the most. Hope is here. Free & confidential.

☎ Call 1-800-662-HELP


💬 Text 717-216-0905


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It's never too late to make new memories. Call 1-800-662-HELP for free alcohol support.



Treatment for drug or alcohol use is safe during and after pregnancy. If you're ready or just want to talk...safe help is available 24/7.

 Call 1-800-662-HELP

 Text 717-216-0905

 Anytime


**Being pregnant &  
caring for a baby isn't easy.**


**Add in worries about  
drinking or using drugs to cope...  
& it can feel impossible.**

**The good news? Help is free.  
Treatment is safe.**



The right help and treatment can keep both you and your baby healthy and you'll never be judged for asking.

 Call 1-800-662-HELP

 Text 717-216-0905

Real recovery is possible. Safe, confidential help is available.

You can love your baby &  
still be struggling.

You can want to stop using drugs or alcohol,  
but feel too scared to ask.

Don't worry about what other people think.  
Real, safe help is available.

**Call 1-800-662-HELP (4357)  
or text 717-216-0905 anytime.  
No judgement, no shame, no cost.**



## A Message from Lane Johnson, Philadelphia Eagles



*You can also share this column by Eagles' Lane Johnson in the Philadelphia Citizen:*

### [Lane Johnson's Season of Strong Mental Health: Get Help Now](#)

## Video

*You can download native files of the follow videos at the link on page 2. Both vertical and horizontal formats are available for posting to social media as reels or running on other types of displays.*

27158 DDAP Get Help Now - Recovery

<https://youtu.be/p4c-HHu-bYg>

27158 DDAP Get Help Now - Stay in the Picture


<https://youtu.be/1niykemAHjg>


## Newsletters


### *Drug Focused:*

#### **You're not alone. Help is here.**

Recovery is possible, and it starts with reaching out for support. If you or someone you care about is struggling with drug use, the Get Help Now helpline is here to connect you to compassionate, confidential help — anytime, day or night.

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 **Chat live:** [pa.gov/gethelp](https://pa.gov/gethelp)


No matter where you are on your journey, there are people ready to listen and help you find the path toward recovery.




### *Alcohol Focused:*

It's never too late to get help — and you don't have to do it alone. If alcohol is taking more space in your life than you'd like, the Get Help Now helpline offers free, confidential support — 24 hours a day, 365 days a year. Whether you're seeking help for yourself or checking in on someone you love, a caring professional is always ready to listen and guide you to local resources.

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 **Text:** 717-216-0905

 **Chat live:** [pa.gov/gethelp](https://pa.gov/gethelp)

Small steps can make a big difference — and reaching out is the first one.





## Posters

Posters are available to print. Recommended areas to hang Get Help Now posters include hospitals, doctor offices, and community events.

