Online Resources

*Drug and Alcohol*

1) https://virtual-na.org/meetings/
2) https://chat.neveraloneclub.org/?#nachatroom
3) https://www.addictioncenter.com/
4) www.samsha.gov

*Anxiety, Depression, and Trauma*

1) ReSolve Crisis Hotline- 1-888-796-8226
2) SAMSHA (Substance Abuse Mental Service Health Administration) 
   1-800-985-5990 or text 66746, www.samsha.gov
3) Nami- www.nami.org

*Emergency Assistance*

United Way- 1-800-447-1352 or dial 211 from cellphone

Salvation Army- www.wpa.salvationarmy.org
   Braddock 412-271-2407
   Homestead 412-261-2460
   Pittsburgh- 412-242-1434 or 412-362-0891

Food Bank Pantries- www.pittsburghfoodbank.org 412-460-3663

UPMC