

Hello,

You have been given this packet to give you resources to help you in your healing journey. Many people have found themselves in the same exact place. Collectively we have built supportive resources to make your process easier than our own.

This packet is made by loving members of your community that want to see you happy, thriving and living the most life affirming version of you. We have learned through the experiences of others that there is no one set path for healing and only you can decide when you are ready. We want you to know we care! Many of us have tried to heal in various ways, trying different methods until we found the combination that aligned best with us. There is no wrong way to recovery.

Our hope is that you find what you seek,

Your loving community



Solo or Natural Recovery

The choice to stop engaging in a behavior because it no longer aligns with the individual's values and beliefs about life.

Peer Assisted

Many of us have learned that one of the impacts of our recent life choices has created a support system of people that no longer aligned with the life we wanted for ourselves.

Part of our healing was developing a new support system composed of people that had what we wanted, a life free from our obsessive compulsive thoughts.

Here are some of the mutual aid groups we have found helpful.

All Recovery Meeting
Wednesdays at 7pm
609-396-5874 ext. 202
zoom.us/j/773904177

Alcoholics Anonymous
1-609-298-7795
www.AA.org

Bettors Anonymous
Bettors-Anonymous.org

Chemically Dependent Anonymous
www.CDAweb.org

Chronic Pain Anonymous
ChronicPainAnonymous.org

Clutterers Anonymous
ClutterersAnonymous.org

Cocaine Anonymous
CA.org

Computer Gaming Addicts Anonymous
www.CGAA.info/

COSA Partners of Sex Addicts
COSA-Recovery.org

Crystal Meth Anonymous

www.CrystalMeth.org
Co-Dependents Anonymous
coda.org

Debtors Anonymous
debtorsanonymous.org

Eating Disorders Anonymous
eatingdisordersanonymous.org

Gamblers Anonymous
1-800-GAMBLER (426-2537)
www.gamblersanonymous.org

Internet and Technology Addicts Anonymous
Internetaddictsanonymous.org

Marijuana Anonymous
marijuana-anonymous.org

Mom's Quit Connection Tobacco
1-888-545-5191
MomsQuit.com

Medication Assisted Recovery
www.MARA-International.org

Nicotine Anonymous
1-877-879-6422
www.Nicotine-Anonymous.org

NJ Quitline 1-866-657-8677

www.TobaccofreeNJ.com

Narcotics Anonymous
1-800-992-0401 www.nanj.org

Online Gamers Anonymous
www.Olganon.org

Pills Anonymous
www.PillsAnonymous.org

Smart Recovery
www.SmartRecovery.org

Sex Addiction Anonymous
SAA-Recovery.org

Sex and Love Addiction Anonymous
slaafws.org/

Survivors of Incest Anonymous
SIAwso.org

Under Earners Anonymous
UnderEarnersAnonymous.org

Young People in Recovery
YoungPeopleInRecovery.org

Youth Vape Support
Text VAPEFREENJ to 88709



Recovery Support Programs

Recovery Specialists

Meets you at a hospital bedside, or out in the community. Recovery Specialists are uniquely qualified, as they are in their own process of recovery and understand firsthand about challenges. The Recovery Specialist's will support the you though the first critical 8 weeks of recovery by face to face meetings, telephone calls and continuous encouragement and support. Support is available for up to 6 months to ensure individuals develop an ongoing support system. **24 Hour Hotline 609-651-1623**

Exercise

Physical exercise has been so helpful for many of us. Some examples may include walks, structured movements such as martial arts, yoga, dance. Or any physical activity that you can uses to experience your feelings in healthy life affirming ways.

Some of us found ourselves with a lot of spare time when we began working our recovery. In that we sought to fill the time we lost in the past with our obsessive and compulsive thoughts and behaviors with life affirming activities.

Some of us joined career specific groups, others found support in interest specifics groups. Regardless of the topic or function we found it helpful to foster new or reignite old interests as a pathway to long term recovery.

Drug Court

Specifically, for individuals currently resolving related criminal charges to their substance use. This support system is the result of a close collaboration between the criminal justice system and mental health professionals with the intent of helping the individual obtain and sustain long term recovery.

START

Steps To Action Recovery Treatment

Recovery Navigator

They provide case management services in the life domains of housing, finances, healthcare, legal, employment and family needs.

24 Hour Hotline 609-651-1623

Person Specific Support

Recovery Navigator 609-651-1623

Treatment Finder



Treatment Assisted

Some of us benefited from professional help. Here are some of the services that helped

Inpatient

Most restricted form of mental health services. Recommend for people who identify themselves as high risk of relapse and would prefer trained professionals assume responsibilities for their life choices as a means of avoiding further self-harm in their healing process.

Withdrawal Management

The process of medically assisted support while the body physically withdraws from the recent uses which enables a person to then determine and consent to the most appropriate services.

intervention. Some forms we have found helpful include:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing
- Trauma specific interventions
 - EMDR
 - Change Triangle

Medically Assisted Treatment (MAT)

Professional support combining behavioral therapy and medication to help the individual heal and develop the skills to live a self-directed life.

Insurance

Even without health insurance, many people with a lower income level are eligible for very low cost or free treatment.

Reach NJ 1-844-732-2465



**PREVENTION COALITION
OF MERCER COUNTY**

Outpatient

Professional support varies based on your choices and individual needs. Some professional styles of helping you heal include the use of individual and/or group

Addiction



Recovery Navigator 609-651-1623

Treatment Finder



In an Emergency Call 911

[Crisis Text Line](#) Text HOME to 741741

[NJ Addiction Services Hotline:](#)

1-844-276-2777 1-844-ReachNJ

24 hours a day 7 days a week for individuals &
families who may be battling addictions.

[Addiction Hotline 1-800-238-2333](#)

[Signs of Sobriety, Inc.](#) Deaf & Hard of Hearing

Video Phone (609) 643-5604

Voice (609) 882-7677 TTY (800) 332-7667

[Harm Reduction Center](#) (609) 396-8322

849 West State St Trenton, New Jersey 08618

[Telephone Peer Recovery](#) 1-833-825-5877

[Department of Health Division of HIV, STD](#)

[and TB Services](#) (609) 984-6050.

[HIV Testing/Clean Needles:](#) 1- (800) 624-2377

[NJ Drug & Poison Information](#) 1-800 222-1222

[SAMHSA National Treatment Helpline](#)

Food, Energy, Housing Assistance and Referrals – 211

[Domestic Violence Hotline](#) 1-800-572-7233

[Sexual Assault Hotline](#) 1-800-601-7200

[Family Crisis Intervention](#) 1-800-399-3612

NJ Children's System of Care 1-877-652-7624

[Child Care Help Line](#) 1-800-332-9227

Medicare 1-800-633-4227

NJ

Family Care 1-877-267-2323

Treatment Locator samhsa.gov/find-treatment

1-800-662-HELP (4357) TDD 1-800-487-4889

NJ Mental Health Care's Helpline

1-866-202-4357

Hope Line 1-(855) 654-6735

[Mercer County Crisis Center](#)

609-396-4357

[Stress, anxiety, or depression peer support](#)

866- 202-HELP (4357) text NJHOPE to 51684

[Suicide Prevention Lifelines](#)

English: 800-273-8255

Spanish: 888-628-9454

[NJ Suicide Helpline](#) 1-855-654-6735

Teenline (609) 896-4434

2NDFLOOR Youth Support Call/ Text

1-(888) 222-2228

[New Jersey Cop to Cop](#) 1-866-267-2267

[Veteran Hotline](#) 1- 800-273 TALK (8255)

text to 838255

[Veteran Counseling Hotline](#) 1-866-838-7654

Recovery Navigator 609-651-1623

Treatment Finder

