

# Options in Substance Use Crisis

When someone is struggling with substance use, there can come a time when their use creates life stressors that are overwhelming. When that happens, there are some options for help:

## Options to consider

### 1. Call 9-1-1

If the person is presenting an immediate risk of danger to themselves or others, call 911. You may also call 911 to request a wellness check if you are unsure of their current safety.

### 1. Call the South Dakota Resource Hotline at 1-800-920-4343

The South Dakota Resource Hotline is part of South Dakota's statewide targeted response to the substance use in South Dakota. The hotline provides a place where individuals are able to reach out for information on treatment resources and support.

### 1. Call the Helpline Center by dialing 1-800-273-8255 (National Suicide Prevention Lifeline)

The Lifeline is available 24 hours a day 7 days a week. People may call for themselves or for a loved one who is struggling. Trained crisis workers are available to talk, assess the level of risk, and develop a plan to help keep the person safe.

### 1. Go to an addictions counselor for an assessment

An assessment is performed by an addictions counselor to assess a person's safety and determine the appropriate level of treatment for that person. An assessment can be completed at any community based substance use disorder treatment facility. Based upon the assessment, a clinician may recommend that the person be admitted to an inpatient, outpatient, residential, or detoxification treatment facility.

### 1. Initiate involuntary commitment (IVC)

If a loved one is experiencing substance use-related crisis and is refusing treatment, it may be appropriate to file a petition for involuntary commitment. This process is typically initiated through your local law enforcement or the clerk of courts. Steps for this process is located [here](#), or call 211 for a referral to the appropriate entity.

**For more information on what to do in a substance use crisis, call 211 or search our online database:**

- [www.helplinecenter.org/211database](http://www.helplinecenter.org/211database)
  - Use the following keyword search terms:
    - 911 Services
    - Suicide Prevention Hotlines
    - General Assessment for Substance Use Disorders
    - Involuntary Substance Abuse Treatment Orders

## Sources:

- National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org/>
- South Dakota Department of Social Services
  - <https://dss.sd.gov/behavioralhealth/community/involuntary.aspx>
  - [https://dss.sd.gov/formsandpubs/docs/BH/ivc\\_brochure.pdf](https://dss.sd.gov/formsandpubs/docs/BH/ivc_brochure.pdf)
  - <https://dss.sd.gov/behavioralhealth/community/treatmentservices.aspx>

**Disclaimer:** This HelpSheet is developed by the Helpline Center. HelpSheets provide a brief overview of the designated

topic. For more information, call 211 or text your zip code to 898211.

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