www.helplinecenter.org

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
    - To request a wellness check if you are unsure of someone's current safety.
2. **Call the South Dakota Resource Hotline at 1-800-920-4343**
   The hotline provides a place where individuals are able to reach out for information on treatment resources and support.
3. **Call the Helpline Center by dialing 9-8-8 (Suicide and Crisis 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.
4. **Contact an addictions counselor for an assessment**
   An assessment is performed by an addictions counselor to determine a person's safety and the appropriate level of treatment for that person. Assessments can be completed at any community-based substance use disorder treatment facility. Based on the results, a clinician may recommend that the person be admitted to an inpatient, outpatient, residential, or detoxification treatment facility.
5. **Initiate involuntary commitment (IVC)**
   If a loved one is experiencing a 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. Call 211 for a referral to the appropriate entity.

For more information on what to do in a substance use crisis, call 988 or search the Helpline Center Resource Database:

- www.helplinecenter.org/2-1-1
    - Enter your Zip Code
        - Select Substance Use (or Addictions) category

Sources:
- 988 Suicide and Crisis Lifeline https://988lifeline.org/
- South Dakota Department of Social Services
    - https://dss.sd.gov/formsandpubs/docs/BH/ivc_brochure.pdf
    - Behavioral Health Services – Treatment Services

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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