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 are 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
  - 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/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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