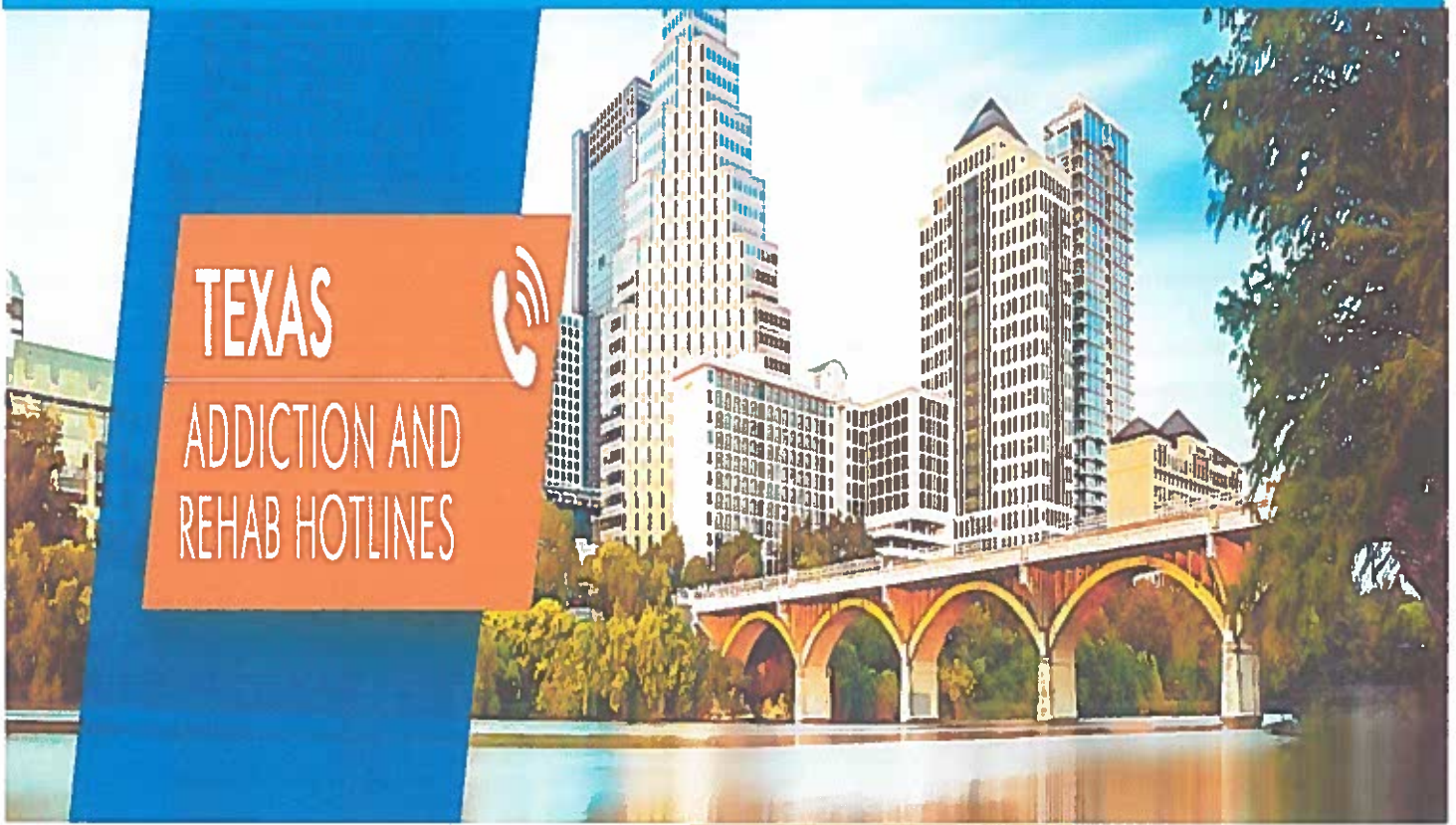


## Texas Drug and Alcohol Abuse Helplines: Local Free Help Hotlines



24/7 Free Addiction Helpline **(888)-459-5511**

Having questions about alcohol or drugs abuse and looking for potential treatment in Texas? There is a helpline available no matter the substance abuse situation. The drug abuse hotlines below are excellent resources that can help overcome drug and alcohol abuse.

### **Delphi Health Group**

Delphi Health Group offers comprehensive mental well-being and quality dependence treatment guide to communities, families, and individual. 24 hours addiction helpline is **(888)-459-5511**. All the phone calls are confidential and free. Treatment opportunities offered by them are usually covered by insurance.

### **Texas Substance Abuse Treatment Helpline (TSAH)**

TSAH provide ways to connect with treatments for various kinds of substance abuse. Contact TSAH through the substance abuse helpline **(866) 971-2658**, and it is available 24/7.

### **StarCare Specialty Health System**

StarCare Specialty Health System offers services for children, adolescents, and adults who need help with substance abuse, mental illness, and developmental disabilities. This addiction helpline is available by calling their crises line **(806) 740-1414** and **(800) 687-7581** (Toll-free).

## **North Texas Behavioral Health Authority (NTBHA)**

Serving Ellis, Dallas, Kaufman, Hunt, Rockwall counties and Navarro. 24 hours addiction helpline is **1-866-260-8000**.

## **Alcohol & Drug Abuse Council of Deep East Texas**

Alcohol & Drug Abuse Council of Deep East Texas provides award-winning services in 12 East Texas counties. Get real help by calling their drug and alcohol hotline (936) 634-5753 or Toll-Free (800) 445-8562 and 24-hour crisis hotline at **1-800-392-8343**.

## **Bluebonnet Trails Community Services**

Serving Bell, Bastrop, Brazos, Hays, Hill, Lampasas, Burleson, Burnet, Caldwell, Hamilton, Lee, Leon, Limestone, Llano, Madison, McLennan, and other 16 counties. Call their 24 hours crisis hotline **1-800-841-1255** or In-take line **1-844-309-6385**.

## **Tropical Texas Behavioral Health (TTBH)**

Support for people with behavioral health needs. Use their crisis hotline **1-877-289-7199** and **800-735-9289** (TTY). TTBH hours of operation are from 8 am to 5 pm.

## **Emergence Health Network (EHN)**

Serving Culberson, Brewster, Presidio counties, El Paso, Hudspeth, and Jeff Davis. Addiction recovery hotline is **915-779-1800** and **1-877-562-6467** (Toll-free).

## **PermiaCare**

Call **1-844-420-3964** (toll-free). The drug addiction hotline number is available 24 hours.

## **The Center for Health Care Services**

Center for Health Care Services provides counseling, resources, and support to children and adults struggling with addiction. Their drug hotline number is **210-223-7233**, and 24-hour helpline is **800-316-9241**.

The drug addiction hotline in Texas mentioned above would help find a way to overcome drug and alcohol addiction and abuse. Start taking a possible step towards recovery by contacting them [Texas rehabilitation facility](#)

# Recognizing Addiction: Knowing When to Seek Help



## Recognizing Addiction: Knowing When to Seek Help



**Free 24/7 rehab helpline > [\(888\)-459-5511](tel:(888)459-5511)**

If you need help determining whether you or a loved one has an addiction or a dependency, you're not alone. Thankfully, there are ways to recognize drug and alcohol abuse, even in the most elusive addicts.

### The Stereotype of Drug Abuse



When most people think of drug addicts, they imagine people standing on street corners, needles in hand, begging for money or selling themselves to get a hit. They're often dirty, disheveled, and haggard in appearance. They may have sores on their face and mouth, and their eyes are often red, watery, and vacant. While this may be true for the most severe of addicts, you might be surprised to know that you probably come in contact with drug abusers all the time without realizing it. The insurance agent who walks you through a new policy may be doing cocaine when he's on break. The attorney who defends you may be smoking marijuana after hours.

Drug addiction doesn't know race, gender, or socioeconomic status. It affects successful professionals as well as the poverty stricken. The fact is, you can't always recognize a drug addict by looking at him. You may not even be able to recognize addiction in yourself. Addiction is something that may happen quickly, but it can also happen gradually over time. This makes recognizing addiction in someone you love, or yourself, that much harder to grasp.

### Signs that someone is an addict:

Signs that someone may be an addict:

- Secretive behavior
- Social withdrawal
- Nausea and vomiting
- Frequently asking to borrow money
- Changes in behavior, mood swings
- Loss of interest in activities unrelated to drug use
- Paranoia
- Unexplained injuries
- Red or watery eyes
- Sleeping more than usual or a lack of need for sleep

## The Stigma of Drug Abuse and Denial

There is also a stigma surrounding drug abuse. Many people still falsely believe that drug addicts are selfish, weak willed, and lazy. Some do not understand the nature of addiction, so they believe that an addict can stop just by wanting to. Loved ones may believe that if the addict loved them, he would quit using his drug of choice. But addiction doesn't work that way. Anyone can become addicted, and it has nothing to do with will or work ethic.

Because of the stigma surrounding addiction, however, any addicts find themselves in denial of how serious their dependencies actually are.

A drinker may convince himself that he only drinks socially, or to relax on weekends. When an extra beer or glass of wine creeps in during the week, he may tell himself that it was a stressful day or that it's a one-time thing. He may legitimately not notice when things start getting out of hand until he's suffering from a full-blown addiction and is having trouble coping at work or having issues with loved ones.

Likewise, a loved one may not want to face the fact that his or her friend or family member has a drug or alcohol problem. He may ignore evidence when it first begins to appear, and even make excuses for the person to avoid facing the issue. Only when more severe issues come into play is the addiction acknowledged. Other times, the addict is good at hiding the evidence, and loved ones may not notice the more subtle clues pointing toward a substance dependency.

## How do I know if I'm addicted to a drug?

You might be addicted to drugs or alcohol if any of the following are true:

- You use the drug every day
- You feel anxious, depressed, or angry without it
- You need more of the drug to feel the same effects
- The drug has negatively impacted your relationships and other aspects of life



### Hope Without Commitment

Find the best treatment options. Call our **free and confidential** helpline

**Treatment Is Fully Covered by Insurance In Most Cases**