

ASKING FOR HELP

The following is a brief list of potential supports. Having a list of supports with contact names and numbers available will make it easier for you to access them in time of need. Having some basic information available to you when you talk to them also alleviates some frustration. Fill out the following form and keep it handy in time of need.

Health Care # _____

Contact	Phone Number
AA Sponsor	
NA Sponsor	
Peer Support	
Peer Support	
Addiction Counselor	
Mental Health Counselor	
Doctor	
Psychiatrist	
Pharmacist	
Optometrist	
Income Assistance	
Probation Officer	
Pastor / Priest	