

WHEN TO CALL

- When you are struggling and need someone to talk to.
- When you want to talk to someone confidentially.
- When you want to share your triumphs as well as your challenges in recovery.
- When you feel lonely, depressed, or suffered a loss or setback.
- When your friends or family members don't seem to understand.
- When you need someone to listen who has been right where you are.
- When you have questions about recovery.

CALL OR TEXT US AT:

1-844-326-5400

365 DAYS A YEAR
8:30AM - 11:00 PM

The CARES Warmline is not an emergency service.
In case of emergency, you should call 911, or the Georgia
Crisis and Access line at
1-800-715-4255

CARES WARM LINE

Recovery is a deeply personal, unique, and self determined journey through which an individual strives to reach his/her full potential. Persons in recovery improve their health and wellness by taking responsibility in pursuing a fulfilling and contributing life while embracing the difficulties one has faced.

Recovery is not a gift from any system. Recovery is nurtured by relationships and environments that provide hope, empowerment, choices and opportunities.

Recovery belongs to the person. It is a right, and it is the responsibility of us all.

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Funding for the CARES Warmline is provided by contract with the GC4R from Department of Behavioral Health and Development Disabilities



CONNECTION

**IS THE
OPPOSITE OF
ADDICTION**

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 Georgia Council
for Recovery
Freedom from Addiction



ABOUT GC4RECOVERY

The mission of the Georgia Council for Recovery is to increase the impact of recovery in our communities through education, advocacy, training and peer recovery support services.

To learn more about GC4R or the CARES program visit

WWW.GC4RECOVERY.ORG

WHO WE ARE

We are individuals in recovery from substance use disorders with a message of hope. Freedom from addiction is real and available to all. We are here to listen with empathy and support. We are in long-term recovery and promote wellness and self-directed care. Building on strengths, abilities, and resilience, we advocate and celebrate all pathways to recovery for you, your family, and your community.

WHAT WE DO

- L** Listen
- O** Offer encouragement
- V** Validate
- E** Empathize

WE CARE

Our Warm Line is answered by **Certified Addiction Recovery Empowerment Specialists**. We are here to encourage and support you on your individual path to freedom in recovery.

FREQUENTLY ASKED QUESTIONS

When can I call?

8:30 AM - 11:00 PM, 365 days of the year.

What do people talk about?

Practically anything.

Are calls confidential?

All calls are completely private. People with crisis may be referred to the Georgia Crisis and access line or emergency services.

What does it cost?

It is completely free.

Who can call?

Anyone needing assistance or support through the recovery process, including family members, friends and other allies.

