

**INDIANA HARBOR BELT RAILROAD
DRUG & ALCOHOL POLICY
EFFECTIVE OCTOBER 27, 2026**

PURPOSE

The Indiana Harbor Belt Railroad (IHB) is committed to promoting a safe work environment for its employees and surrounding communities. One of the ways the IHB does this is by striving to maintain a drug and alcohol-free workplace. This policy exists to establish a program designed to help prevent accidents and injuries resulting from the misuse of alcohol or the use of controlled substances by employees of the IHB. All IHB employees are expected to report for duty free of the influence of drugs and alcohol, and remain that way throughout their entire shift. We have a responsibility to ourselves, our co-workers, and the people in the communities we serve, to be alert, aware and safe at all times. In addition, the IHB has a legal responsibility to comply with federal regulations regarding the testing of employees. Effective October 27, 2026, this policy, along with its' addendums, will replace all previous drug and alcohol policies, including the IHB's January 1, 1996 Drug & Alcohol Testing Policy and March 18th, 2024 Drug & Alcohol Testing Policy.

SCOPE

This policy applies to all IHB employees. The contents of this policy are a combination of DOT regulations and IHB requirements. In cases where both federal regulations and other policies or agreements may apply, the federal regulations will take precedence. It is the policy of the IHB to perform random testing on all covered employees per federal regulations. It is the policy of the IHB to test all employees, both covered and non-covered, under company authority in certain situations as described in this policy.

DEFINITIONS

1. Designated Employer Representative (DER)

The IHB's Designated Employer Representative (DER) is responsible for this policy.

The DER has the following responsibilities:

- Providing oversight and evaluation of the Drug and Alcohol Policy
- Providing guidance and counseling to employees
- Reviewing all discipline applied under this policy for consistency and conformance to human resource policies and procedures, as well as federal regulations
- Scheduling for testing such as random and follow-up testing
- Maintaining a secure and confidential file system for all test results
- Overseeing the referral of employees for evaluation and treatment
- Ensuring that all employees are aware of the provisions and coverage of this policy

2. Medical Review Officer (MRO)

The MRO is a licensed physician trained to review and verify drug test results. In some cases, the MRO may need to contact an employee to discuss test results or verify a prescription. Employees must cooperate with the MRO or they may be subject to discipline up to and including termination.

Definitions continued

3. Substance Abuse Professional (SAP)

A substance abuse professional is a licensed or certified professional that knows not only of the diagnosis and treatment of alcohol and controlled substance related disorders, but also DOT drug and alcohol testing and return to duty processes as required by federal regulations.

4. Department of Transportation (DOT)

Employees participating in activities regulated by the DOT are subject to drug testing and breath alcohol testing in accordance with DOT drug and alcohol testing of Title 49 CFR Part 40. In addition, the IHB is subject to the provisions of the Federal Railroad Administration (FRA) Title 49 CFR Part 219. Federal Motor Carrier Safety Administration (FMCSA) Title 49 CFR Part 382 also applies to CDL drivers employed by the IHB. Copies of these regulations are available from the IHB's Designated Employer Representative (DER) and are also available online.

5. Covered Employees

A. The following are considered covered employees for **DOT FRA Drug & Alcohol Testing:**

- An employee performing activities for a railroad under hours-of-service laws (T & E)
- Maintenance of Way employees as defined as a "Roadway Worker" (Title 49 CFR 214.7)
- Mechanical employees as defined as a "Mechanical Employee" (Title 49 CFR 219.5)
(The above positions include: Engineer, Trainmen, Signal maintainers, Train Dispatchers, Yardmasters, Hostlers, Regulated on-track employees, Boilermakers, Machinists, Electricians, Pipefitters, Laborers, and Carmen)

B. The following are considered covered employees for **DOT FMCSA Drug & Alcohol Testing:**

Any employee who holds a Commercial Driver's License (CDL) and operates a Commercial Motor Vehicle (CMV). A CMV is a motor vehicle or a combination of motor vehicles used in commerce to transport passengers or property if the motor vehicle:

- Has a gross combination weight rating of 11,794 or more kilograms (26,001 or more pounds), inclusive of a towed unit with a gross vehicle weight rating of more than 4,536 kilograms (10,000 pounds); or
- Has a gross vehicle weight rating of 11,794 or more kilograms (26,001 or more pounds); or
- Is designed to transport 16 or more passengers, including the driver; or
- Is of any size and is used in the transportation of materials found to be hazardous for the purposes of the Hazardous Materials Transportation Act and which require the motor vehicle to have a placard under the Hazardous Materials Regulations

C. Both covered employees and non-covered employees may be tested under IHB policy in certain situations.

DOT DRUG & ALCOHOL TESTING

The following types of drug and alcohol screening tests may be administered to employees and job candidates under DOT regulations:

1. **Pre-employment** – All job candidates, regardless of the job they are applying for, must be DOT tested and receive a negative test result as a condition of obtaining employment.
2. **Random** - All covered employees are subject to random DOT drug and alcohol testing. Employees who fall under any of the covered positions will be DOT-tested per the regulations. Information about random pools and testing percentages can be found in the IHB's FRA submission.
3. **Post-Accident** – An employee must submit to a drug and alcohol test after an accident or incident pursuant to Title 49 CFR 219 Subpart C. An employee involved in an accident that requires a DOT post-accident test will be removed from safety-sensitive functions pending the outcome of the test.
4. **Reasonable Suspicion**- An employee must submit to a drug and alcohol test if there is reasonable suspicion that the employee is under the influence of drugs and/or alcohol. An employee who requires a DOT reasonable suspicion test will be removed from safety-sensitive functions pending the outcome of the test.
5. **Reasonable Cause**- An employee subject to the provisions of Title 49 CFR 219 must submit to a DOT drug and alcohol test if there is reasonable cause pursuant to Title 49 CFR 219 Subpart E.
6. **Return to Duty**- An employee must submit to a DOT drug and alcohol test before reporting for duty following removal from service after a positive, adulterated, or substituted test and referral to a Substance Abuse Professional (SAP).
7. **Follow-Up**- Employees are subject to follow-up testing after returning from a rehabilitation or treatment program after a positive test result. Follow-up testing will be at least six tests over the course of the first year after returning to duty. Any additional follow-up testing will be conducted at the schedule prescribed by the SAP.
8. **Special Medical Examination**- Employees may be subject to a drug and alcohol test if during a medical examination, the physician indicates a special medical examination is warranted based on the examination.

****Note**** Employees who do not fall under any of the covered positions will be tested under company policy. Employees may not return to duty until test results are received and they are cleared by the IHB's Human Resource Department.

NON-DOT (COMPANY) DRUG & ALCOHOL TESTING

In addition to drug and alcohol testing conducted by the IHB pursuant to Title 49 CFR Part 40, 49 CFR Part 219, and 49 CFR Part 382, the IHB reserves the independent authority to screen and/or test employees under the IHB's Policy. The following types of drug and alcohol screening tests may be administered to employees under IHB company policy:

1. **Post-Accident** – Any employee, covered or non-covered, must submit to a non-DOT (company) drug and alcohol test if required by the Carrier after an accident or incident. The employee will be withheld from service pending the test results.
2. **Reasonable Suspicion**- Any employee, covered or non-covered must submit to a non-DOT (company) drug and alcohol test if required by the Carrier, if there is reasonable suspicion that the employee is under the influence of drugs and/or alcohol. The employee will be withheld from service pending the test results.
3. **Return to Duty**- Any employee, covered or non-covered, must submit to a non-DOT (company) drug and alcohol test prior to returning to duty after being off work for medical reasons, being hospitalized, or being off work for a period of more than 30 days at the discretion of the Carrier. The employee will be withheld from service pending the test results.

****Note**** Any testing performed based on the reasons listed in the above section would be under company authority in lieu of DOT authority. Employees subject to testing may not return to duty until test results are received and they are cleared by the IHB's Human Resource Department.

MEDICATIONS

The IHB understands that eventually, most people need to take medications to combat various illnesses. Employees must realize that many medications may alter or affect a drug test. An employee may test positive for a drug when taking medications prescribed by a doctor or bought over the counter at a pharmacy. To avoid the potential problems created by a false test result, the IHB has implemented procedures to enable employees to confidentially report the use of medications to the Human Resources Department (HR). Employees must also record the use of medications on their paperwork when providing a specimen during the collection process and may also need to discuss it with the MRO. (Non-safety-sensitive employees are not required to report all medications to HR, but are required to report them to the MRO for drug testing purposes)

No employee whose job requires the performance of safety-sensitive duties, including driving a company vehicle, shall report for duty or remain on duty when the employee uses any drug, except when the use is under the instruction of a licensed medical practitioner who has advised the employee that the substance will not adversely affect the safe performance of the employee's job functions, and the drug has been reported to HR and approved by the IHB's medical consultant.

Employees who perform safety-sensitive duties, or drive a company vehicle, must report their use of any prescription medications to the IHB's Human Resource Department and obtain approval to work while taking the medication prior to reporting for duty. Safety-sensitive employees, or employees driving a company vehicle, may not use or be under the influence of medications while working or driving if the medications have the potential to alter or to adversely affect their judgment, motor skills, to induce sleepiness, or to otherwise detract from the safe performance of their duties. An essential duty of all safety-sensitive employees is the ability to perform job functions in a constant state of alertness and a safe manner.

Some prescription medications may not be approved for use while performing safety-sensitive work. A safety-sensitive employee may be medically disqualified if they are required to take a drug that poses a significant safety risk. The MRO or the IHB may contact an employee to discuss any concerns and to determine if there is an alternative medication that does not render the employee medically disqualified or that does not pose a safety concern. The IHB has final authority for fitness for duty determinations.

*****This Policy makes no provision for medical marijuana or CBD. Neither the Department of Transportation's Drug and Alcohol Testing Regulation (Title 49 CFR Part 40), nor IHB Policy, authorizes employees to use marijuana, for any reason, medical, recreational, or otherwise. Studies indicate that ingestion of hemp seed oil and hemp food products, or use of CBD oil that contains even trace amounts of THC, can result in a positive test for marijuana. Be aware that the use of CBD oil, even if derived from hemp, may result in a positive drug screen for THC and will result in disciplinary action under this policy. A Medical Review Officer (MRO) shall not accept consumption or other use of hemp products, coca teas, recreational or medical marijuana, or CBD oil use as an excuse for a positive drug test. This applies to all employees whether they are covered under DOT regulations or not.*****

POLICY VIOLATIONS

Below is a list of violations of the IHB's drug and alcohol policy which will result in discipline up to and including termination of employment (this list is not all-inclusive):

- Sale, purchase, transfer, use, or possession of illegal drugs (including illegally obtained prescription drugs).
- Arrival for work under the influence of drugs or alcohol
- Remaining on duty with drugs or alcohol in one's system
- Consuming drugs or alcohol while working
- Consumption of alcohol (whether as a beverage or in a medicinal form, including methanol and isopropanol) in any of the following instances:
 - while performing a safety-sensitive activity
 - within four (4) hours of performing a safety-sensitive activity
 - within eight (8) hours following an accident to which the employee's behavior may have contributed
 - after having been notified to report to duty for any reason.
- Failure to follow all instructions of the collector or accompanying officer before, during or after a drug or alcohol test.
- Behaving in a confrontational way that disrupts the collection process in any way, which is classified as refusing to test or failing to cooperate with any part of the testing process.
- Failure to follow instructions of the DER or SAP following a positive drug or alcohol test.
- Receiving a verified positive, adulterated, or substituted drug test or receiving an alcohol test result of 0.02 or higher. (A result of 0.04 or higher is a DOT-specific violation)
- Failure or refusal of any alcohol or drug test.
- Submitting, or attempting to submit, an adulterated, diluted, or otherwise altered specimen, or substituting a specimen from another person.
- Failure to report a drug or alcohol related motor vehicle violation or conviction as required by the employee's certification requirements or job duties, including the operation of machinery, company vehicles, and personal vehicles for work purposes.

DISCIPLINARY ACTIONS FOR VIOLATIONS OF THIS POLICY

The first time an employee tests positive for drugs or alcohol in violation of this policy, the following will apply:

- An alcohol test of .02 to .039 will result in the employee being removed from service for a minimum of 8 hours and a referral to an SAP.
- An alcohol test result of .04 or higher, or a positive drug screen will result in the employee being removed from service and required to obtain treatment from an SAP. To be allowed to return to duty after a violation, an employee must complete all treatment as ordered by the SAP, follow all instructions from the DER, provide a negative drug and/or alcohol screen, and participate in the follow-up testing program for a period of time to be determined by the SAP.

The second time an employee violates this policy, they will be terminated from employment with the IHB.

Each employee should understand that certain policy violations may result in automatic termination, even if it is the first policy violation. Such violations include, but are not limited to:

- The consumption of alcohol or use of drugs while on duty or in an IHB vehicle;
- A drug or alcohol violation after returning to duty from a previous drug or alcohol violation;
- The possession, sale, use, or purchase of illegal drugs on IHB premises or on IHB time;
- Any effort to substitute or adulterate a drug test sample or otherwise alter a drug test result;
- Refusing a drug or alcohol test.
- Failure to provide a negative test result when required to undergo drug and/or alcohol testing due to reasonable cause, an accident, or an incident in connection with a rules violation;
- Any violation of the IHB drug and alcohol policy while in the follow-up program.

Any violations of the policy that are not specifically listed above will be handled based on the severity of the violation and may result in disciplinary action up to and including termination of employment.

Any employee may seek assistance for drug and alcohol problems before they lead to disciplinary action. No employee will be discharged, disciplined, or discriminated against solely upon the employee's decision to voluntarily seek treatment for a drug or alcohol-related problem. However, please note that seeking a referral after a positive drug or alcohol test, or after a refusal to test, will not excuse the employee from disciplinary action required by violations of this policy.

ADDITIONAL INFORMATION REGARDING VIOLATIONS OF THIS POLICY

Job Applicants with a confirmed positive, adulterated, substituted drug or alcohol test, or refusal to test during the hiring process will not be hired and will be provided a referral list to a substance abuse professional (SAP) to meet the required conditions of Title 49 CFR Part 40.281 Subpart O.

An employee's violation of any portion of this policy will cause immediate removal from service. The employee must meet the required conditions of Title 49 CFR Part 40.281 Subpart O with referral to the SAP for DOT violations. **A second violation of this Policy will result in termination of employment.**

DOT consequences for a confirmed positive, adulterated, substituted drug or alcohol test or refusal to

test require the employee to be removed from a DOT safety-sensitive position and referred to an SAP. The employee cannot return to the safety-sensitive position until a final evaluation and release from the SAP along with a return to duty negative test.

Conductors or engineers with a confirmed alcohol test above 0.04 will be ineligible to hold a certificate for nine months pursuant to Title 49 CFR 240 and 242, causing them to be ineligible to perform service for the Carrier.

CONFIDENTIALITY OF DRUG TESTING INFORMATION

All written reports and related information received by the IHB, laboratories, employee leasing programs, drug and alcohol rehabilitation programs, and their agents will be held in the strictest confidence.

EMPLOYEE ASSISTANCE PROGRAM

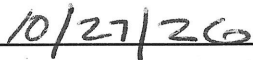
The IHB provides an Employee Assistance Program (EAP) to all employees that is available 24 hours a day/7 days a week. This program is free to all employees and is completely confidential. The EAP assists with counseling and refers employees with drug or alcohol problems to local drug and alcohol abuse rehabilitation programs.

If an employee wishes to pursue help through the EAP or to contact an SAP, they may contact the IHB's DER, Human Resource Department, or the IHB's website for an appropriate referral.

Please see attached Addendums A-E for additional information regarding the IHB's drug and alcohol policy.



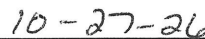
Justin Sawicki
Designated Employer Representative



Date



Melanie Lindner
Director of Human Resources



Date

IHB DRUG AND ALCOHOL TESTING POLICY

ADDENDUM A

SUBSTANCES TO BE TESTED AND DETECTION THRESHOLDS

The substances to be tested under this Policy and the cutoff levels of detection for those substances are those as specified under the current version of Title 49 CFR Part 40:

1. Marijuana metabolites
2. Cocaine metabolites
3. Phencyclidine
4. Amphetamines – amphetamine, methamphetamine, MDMA & MDA
5. Opioids - codeine, heroin, morphine, oxycodone, oxymorphone, hydrocodone & hydromorphone

**Some common names for semi-synthetic Opioids such as oxycodone, oxymorphone, hydrocodone & hydromorphone include OxyContin®, Percodan®, Percocet®, Vicodin®, Lortab®, Norco®, Dilaudid®, and Exalgo®

Drug testing and alcohol testing will utilize specimens approved by the DOT Title 49 CFR Part 40.

The IHB considers any alcohol test above .02% a violation of this policy.

Any alcohol test above .04% is a violation of DOT regulations and will result in an employee's removal from service until they meet the requirements to return to duty.

Any alcohol test above .02% will result in an employee's removal from service for a minimum of 8 hours and a referral to an SAP.

SUBSTANCES WHICH COULD ALTER OR AFFECT THE OUTCOME OF A DRUG TEST

(BRAND NAMES AND COMMON NAMES)

This list is not all-inclusive

1. **AMPHETAMINES:** Abetrol, Biphetamine, Desoxyn, Dexedrine, Didrex
2. **CANNABINOIDS:** Marinol (Dronabinol, THC), Marijuana, Hash, Pot
3. **COCAINE:** Cocaine HCl topical solution (Roxanne), Crack, Coke
4. **PHENCYCLIDINE:** Not legal by prescription; PCP, Angel Dust
5. **OPIATES:** Paregoric, Parepectolin, Donnagel PG, Morphine, Tylenol with Codeine, Empirin with Codeine, APAP with Codeine, Aspirin with codeine, Robitussin AC, Guaiatuss AC, Novahistine DH, Novahistine Expectorant, Dilaudid (Hydromorphone), M-S Contin and Roxanol (morphine sulfate), Opium, Heroin, OxyContin, Percodan, Percocet, Vicodin, Lortab, Norco, Dilaudid, and Exalgo

6. **METHAQUALONE:** Not legal by prescription

7. **BARBITURATES:** Phenobarbital, Tuinal, Amytal, Nembutal, Seconal, Lotusate, Fiorinal, Firoicet, Esgic, Butisol Mebaral, Butabarbital, Butabital

8. **METHADONE:** Dolphine, Methadose

9. **BENZODIAZEPINES:** Ativan, Azene, Clonopin, Dalmane, Diazepam, Librium, Xanax, Serax, Tranxene, Valium, Verstran, Halcion, Paxipam, Restoril, and Centrax

10. **PROPOXYPHENE:** Darvocet, Darvon N, Dolene, Etc.

11. **ALCOHOL:** Liquid medications containing ethyl alcohol (ethanol). Please read the label for alcohol content. As an example, Vick's Nyquil is 25% (50 proof) ethyl alcohol; Comtrex is 20% (40 proof); Contac Severe Cold Formula Night Strength is 25% (50 proof), and Listerine is 26.9% (54 proof); Booze, Drink

Other Drugs which may or may not be listed above

Amitriptyline/Nortriptyline (Elavil)	K2, Spice, Bath Salts	Methamphetamine, Meth
Ativan and/or Dalmane	Glutethimide (Doriden)	Pentazocine (Talwin)
Clonazepam (Klonopin)	Hydrocodone (Hycodan)	Phenmetrazine (Preludin)
Diazepam (Valium)	Hydromorphone (Dilaudid)	Phenobarbital
Doxepin (Sinequan/Adapin)	Hydroxyzine (Vistaril)	Phenothiazines
Ecstasy, MDMA/MDA	Imipramine/Desipramine	Phentermine
Ethchlorvynol (Placidyl)	Meperidine	Quinine
Fenfluramine	Meperidine (Demerol)	Tramadol
Fentanyl	Meprobamate (Equanil)	

Other Barbiturates (specific identity not differentiated, include: Amobarb, Pentobarb, Secobarb, Butalbital, etc.)

Other Benzodiazepines (specific identity not differentiated, includes Librium, Larazepam)

Also, including synthetic or designer drugs and other drugs not yet classified by the federal government as illegal under the Controlled Substances Act.

IHB DRUG AND ALCOHOL TESTING POLICY

ADDENDUM B

Random Testing

- A. Specific categories of workers must undergo random drug and alcohol testing to ensure continued fitness for duty as required by the US DOT guidelines.
- B. Random drug and alcohol testing for covered employees will be performed at a prescribed rate as indicated in the IHB's Title 49 CFR 219 Drug and Alcohol Submission.
- C. After notification of a test, it is the responsibility of the employee to provide the urine and/or breath specimen within the allotted time. Failure to comply with a request for a random specimen will result in the immediate medical disqualification of the employee. This will result in the employee being unable to perform assigned job duties and may result in the loss of employment.
- D. At the time of testing notification, the donor will be escorted directly to the designated collection site. The employee will notify the collection site personnel that they have been selected for a random test and are ready to provide a urine and/or breath specimen for the test.
- E. The employee will be provided a drug testing chain of custody form at the designated collection site and if selected for alcohol, an alcohol testing form (BAT form).

IHB DRUG AND ALCOHOL TESTING POLICY

ADDENDUM C

Post-Accident Testing

- A. Covered employees are required to submit to post-accident drug and alcohol testing as required by the US DOT guidelines. Non-covered employees may be required to submit to post-accident drug and alcohol testing as required by IHB policy.
- B. An employee will submit a specimen for a drug test as soon as possible from the time of the reportable accident, but no later than 24 hours after the time of the accident. Alcohol testing must be conducted as soon as possible from the time of the accident, but no later than eight (8) hours from the time of the accident. The employee is prohibited from consuming alcohol for eight (8) hours following an accident.
- C. If an employee is injured, the IHB retains the right to contact any treating medical facility and request that a controlled substance and alcohol test be obtained, or to obtain from the employee's medical records, the result of any such test obtained during the course of treatment. The refusal of any employee to allow the collection of these specimens or to attempt to block the release of said specimen will result in the immediate medical disqualification of the employee.
- D. No employee required to take a post-accident alcohol test shall use alcohol for eight (8) hours following the accident or until they undergo a post-accident alcohol test, whichever occurs first.
- E. An employee who fails to report an accident to the IHB and who fails to comply with the post-accident requirements of this policy will be presumed to be positive for the presence of a controlled substance or alcohol, resulting in the medical disqualification of the employee. This will result in the employee being unable to perform assigned job duties and may result in the loss of employment.

Post Accident testing may be required under IHB Policy even when FMCSA or FRA regulations do not require such testing. This would be non-DOT testing under company authority.

IHB DRUG AND ALCOHOL TESTING POLICY ADDENDUM D

IHB Designated Employer Representative (DER) – The Program Administrator is in charge of the drug/alcohol testing program. This representative must remove employees from a safety-sensitive position upon violation of this policy.

Designated Employer Representative (DER) Name:	DER: Justin Sawicki – (219) 989-4964 Assistant DER: Ray Ramirez – (219) 989-4706 Assistant DER: James M. Pecyna – (219) 989-4821	
IHB address and phone:	Indiana Harbor Belt Railroad Company 2721 – 161st Street Hammond, Indiana 46323-1099 (219) 989-4964	
TPA Service Agent:	Alia Drug Testing (708) 320-2334	
Testing Laboratory:	Quest Diagnostics, Inc. 10101 Renner Blvd. Lenexa, KS 66219	Phone: (866) 697-8378 Fax: (877) 222-3580
Drug & Alcohol Collections Coordinated by:	Alia Drug Testing (708) 320-2334	
Medical Review Officer (MRO):	Janelle A. Jaworski, M.D.	Phone: (877) 295-3381 Fax: (303) 595-5263
Substance Abuse Professional (SAP) and Employee Assistance Program (EAP):	SAP: Michelle Delgado - Administrative Referral Case Manager ESI Employee Assistance Group (800) 252-4555 Ext. 108 EAP: Total Care EAP (800) 252-4555	

DOT regulated employees testing positive, or refusing to test, must be referred to a **Substance Abuse Professional (SAP)**:

IHB Specific EAP

Melissa Lynch, MSL | Vice President, Client Services
ESI Employee Assistance Group | T 800.535.4841 Ext. 715

For Trauma Response or Counseling Requests 24/7: Call #800-252-4555 – Press '1'
melissalynch@theeap.com

Michelle Delgado, M.S.Ed, NCCC | Administrative Referral Case Manager & Certified Financial Coach
ESI Employee Assistance Group | T 800.252.4555 Ext. 108

or

American Substance Abuse Professionals, Inc.
(888) 792-2727

Employees may also speak with the IHB's DER or Human Resource Department for additional EAP information or required referral to a Substance Abuse Professional.

See addendum E for a list of organizations and resources that provide confidential assistance to individuals who have, or know someone who has, a problem with alcohol or other drugs.

IHB DRUG AND ALCOHOL TESTING POLICY ADDENDUM E

SUBSTANCE ABUSE INFORMATION AND TREATMENT RESOURCES

Substance Use Treatment Locator

Millions of Americans have a substance use disorder. Help is available.

Call: 1-800-662-4357 Visit: FindTreatment.gov

Partnership for Drug-Free-Kids

Get one-on-one help

Text: 55753 Call: 1-855-378-4373 Visit: <https://drugfree.org/>

Behavioral Health Treatment Services Locator

Find alcohol, drug, or mental health treatment facilities and programs nationwide

Call: 1-800-662-4357 Visit: findtreatment.samhsa.gov.

Buprenorphine Practitioner & Treatment Program Locator

Find information on locating practitioners and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers

Visit: www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator

Opioid Treatment Program Directory

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers

Visit: dpt2.samhsa.gov/treatment/

SAMHSA's National Helpline

Also known as the Treatment Referral Routing Service. This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Call: 1-800-662-HELP (4357) TTY: 1-800-487-4889 Visit: www.samhsa.gov/find-help/national-helpline

Veteran's Crisis Line

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Call: 1-800-273-TALK (8255) TTY: 1-800-799-4889 Visit: www.veteranscrisisline.net

Alcoholics Anonymous

12-step, self-help support groups. The website provides information and a location finder for A.A. meetings.

Visit: www.aa.org

Narcotics Anonymous

12-step, self-help support groups. The website provides information and a location finder for N.A. meetings

Visit: www.na.org