I NEED HUMAN HELP!

You are in trouble. You know you have made a mess of it: perhaps you might have had too much, you are on a trip from hell, you have realized that your drug combo was a big mistake, or you are facing some other harrowing circumstance or scenario.

Firstly, if this is an acute **medical emergency** (e.g. life threatening), call emergency services NOW. Most territories have a dedicated number. For example:

> Argentina 107, Australia 000, Brazil 192, Canada 911, China 120, Colombia 123 /125, European Union: 112, India 112, Iran 115, Japan 119, Mexico 911, Morocco 150, New Zealand 111, Norway 113, Russia 103, South Africa 112 / 10177 (landline), Sweden 112, United Kingdom 999, Uruguay 105, USA 911.

IMPORTANT NOTE: If you have a mobile phone 112 is the global standard emergency number built into the GSM cellular network. In many of these countries dialling 112 from a mobile phone will automatically redirect your call to the local emergency dispatch, even if the phone is locked or lacks a local SIM card.



So, you are not about to die, but you know you are in deep trouble. You have crossed the line, you are probably scared and feel at risk, or perhaps you need some serious hand-holding someone to talk to about your situation… for these cases, or similar, services exist specifically to help you. Some of these are listed below.

Note that the individual nations were selected based solely upon the number of visits to *The Drug Users Bible* website, which I used to estimate how many people would see the information provided here. Also, this is not a compendium of all: it was constructed using my best endeavours, with the help of members of a variety of drug communities.

Finally, it is a very good idea to check out and familiarise yourself with the applicable services **before** you begin your drug experience.

INTERNATIONAL ONLINE SERVICES

TripSit: One of the oldest and most respected help channels on the Internet, TripSit is currently transitioning its web chat services to the Discord platform. Entry page for both legacy and Discord channels: https://tripsit.me/webchat

Hi-Chat (by Hi-Ground): An anonymous chat platform built to offer peer support, harm reduction education, and general life discussion for people who use drugs. Website: https://hi-ground.org/chat/

Reddit: Although more public in nature, you can register anonymously from most locations. Subs like r/Drugs and r/HarmReduction usually have peers around who might be able to help.

Discord: This is a free voice, video, and text communication platform that lets people connect in private chats or shared online communities called servers. Note that these are peer communities rather than staffed crisis services, and as such response times and quality may vary. Drug related communities include the following:

- **r/Drugs**: https://discord.com/channels/1009038673284714526/1010947913016430692
- **Bluelight**: https://discord.com/channels/867876356304666635/867876356783865899
- **re:dose**: https://discord.com/channels/484801902819803146/924810776647196743
- **TripSit**: https://discord.com/channels/179641883222474752/834959455111348244
- **Lowkey Fishcord**: https://discord.com/channels/781970008602312754/781970009144164354

Sesh Safety: A Facebook group whose members aim to provide credible and accurate information to help people make informed decisions. Note that it is occasionally deleted by Meta and that membership is free but is required. The current URL is: https://www.facebook.com/groups/ratemygurn

NATIONAL (DRUG) HELP SERVICES

AUSTRALIA

- **National Alcohol and Other Drug Hotline**: Connects individuals to free, confidential, state-directed support services, counselling, and localized drug and alcohol resources . Call 1800 250 015.

- **Family Drug Support Australia**: Provides compassionate, non-judgmental 24/7 phone support and resources specifically tailored to help families navigating a loved one's substance use. Call 1300 368 186. Website: https://www.fds.org.au

- **Counselling Online**: Offers free, 24/7 confidential online text counselling and self-help tools for people worried about their own or someone else's drug or alcohol use. Website: https://counsellingonline.org.au

BRAZIL

- **Narcóticos Anônimos (NA Brazil):** Offers peer-led support network channels and localized guidance for individuals struggling with ongoing substance use disorders. Call 132. Website: https://www.na.org.br.

- **Centro de Valorização da Vida (CVV):** Provides free, confidential 24/7 emotional support from trained volunteers. Call 188. Website: https://cvv.org.br

CANADA

- **National Overdose Response Service (NORS):** Provides an anonymous, peer-led remote supervision hotline for people using drugs alone. Call 1-888-688-6677. Website: https://www.nors.ca

- **Brave App / Be Brave:** An overdose detection and harm reduction app that protects people who use drugs alone by connecting them anonymously to a remote supporter who monitors them and activates a custom rescue plan if they become unresponsive. Website: https://www.brave.coop

COLOMBIA

- **Línea de Orientación en Salud Mental (Substance Support):** National mental health line that can help with substance-related concerns. Call: **192** *(Option 4 for substance support)*.

- **EOD - Échele Cabeza:** Delivers specialized harm reduction advice, drug education, and peer support. Website: https://echelecabeza.com.

- **Porque Quiero Estar Bien:** Supplies a 24/7 confidential digital platform offering psychological consultation, crisis chat, and emotional well-being tools. Website: https://porquequieroestarbien.com

FRANCE

- **Drogues Info Service**: Offers a free, anonymous, and non-judgmental national platform providing substance support, information, and counselling. Call: 0800 231313. Website: https://www.drogues-info-service.fr

- **SOS Help**: Provides confidential, empathetic phone listening and emotional support specifically tailored for English speakers living in France.. Call 01 46 21 46 46. Website: https://soshelpline.org.

GERMANY

- **Sucht & Drogen Hotline (Addiction & Drugs Hotline)**: Provides 24/7 confidential phone counselling, informational resources, and local addiction care referrals managed by experienced addiction help professionals . Call 01806 313031 (charged). Website: https://sucht-und-drogen-hotline.de

- **Guttempler Addiction Helpline**: Operates a volunteer-led 24/7 emergency hotline that delivers immediate emotional support and community connection for individuals facing substance use challenges. Call 0180 3652407. Website: https://www.guttempler.de

- **TelefonSeelsorge**: Delivers completely free, anonymous, and confidential 24/7 crisis intervention, emotional support, and counselling via phone, email, or text chat. Call 0800 111 0 111 or 0800 111 0 222. Website: https://www.telefonseelsorge.de

INDIA

- **National De-Addiction Helpline:** Delivers nationwide tele-counselling and structured professional recovery support under the government's Nasha Mukt Bharat Abhiyaan initiative. Call 14446.

- **Vandrevala Foundation Helpline:** Offers free, comprehensive 24/7 crisis intervention, mental health guidance, and emotional counselling across India. Call +91 9999 666555. Website: https://www.vandrevalafoundation.com.

ITALY

- **Telefono Verde Droga (National Drugs Helpline):** Operates as a confidential, toll-free national helpline offering guidance, support, and specialized addiction resource coordination. Call 800 186070. Available Monday to Friday from 10:00 to 16:00.

- **Telefono Amico Italia:** A volunteer listening line to help individuals navigate emotional distress and loneliness. Call 02 2327 2327 or text via WhatsApp on 324 0117252. Website: https://www.telefonoamico.it

- **Samaritans ODV**: Provides a daily confidential helpline dedicated to offering emergency emotional support and preventative crisis intervention. Call 06 77208977. Available daily from 13:00 to 22:00. Website: http://www.samaritansonlus.org

MEXICO

- **Línea de la Vida (National Addiction Helpline):** Offers free, confidential guidance and referral to specialised centres. Call 800 911 2000.

- **SAPTEL:** Delivers specialized, free psychological counselling and structured crisis intervention over the phone. Call 55 5259 8121.

NETHERLANDS

- **Narcotics Anonymous Netherlands**: Provides a supportive community and peer-led meetings for individuals seeking recovery from drug addiction. Call +31 (0)85 4000 996. Website: https://nanederland.nl

- **Trimbos Institute Drugs Information Line**: Delivers expert, confidential, and scientifically-grounded information on substance use, health risks, and available addiction care options. Call 0900 1995. Note that this is a paid per minute service) and is available weekdays only.

- **MIND Hulplijn**: Offers professional psychological support, guidance, and confidential listening for anyone dealing with mental health struggles or emotional distress. Call 0900 1450. Website: https://mindhulplijn.nl

NEW ZEALAND

- **Alcohol Drug Helpline:** Provides free, confidential information, support, and localized referrals for anyone concerned about their own or another person's substance use. Call 0800 787 797, or text 8681. Website: https://alcoholdrughelp.org.nz

- **Lifeline Aotearoa:** Offers a free, 24/7 confidential helpline and text service delivering immediate emotional support and crisis intervention. Call 0800 543 354 or text HELP to 4357. Free call or text 1737 is also a national option.

RUSSIA

- **Russian Orthodox Church**: Church-run federal helpline for people with drug dependence, Call 8-800-600-16-93. Website https://protivnarko.ru.

SOUTH AFRICA

- **DSD / SADAG Substance Abuse Helpline:** Provides a free, 24/7 dedicated substance-use support, telephonic counselling, and treatment facility referral network run by the South African Depression and Anxiety Group in partnership with the Department of Social Development. Call 0800 121314 or text to 32312.

- **SADAG Suicide Crisis Helpline:** Offers toll-free, 24-hour specialized emergency assistance for severe emotional distress, mental health crises, and psychiatric intervention. Call 0800 567567**.** Website: https://www.sadag.org.

- **LifeLine South Africa:** Hosts a national 24-hour trauma, crisis, and emotional wellness helpline to safely talk through distressing scenarios. Call 0861 322322**.** Website: https://lifelinesa.co.za.

SPAIN

- **Cocaine Anonymous Spain:** Provides free, confidential peer-support networks and community recovery meetings for individuals wanting to stop using cocaine or other mind-altering substances. Call/WhatsApp: +34 602 66 46 04 (Spanish = +34 645 87 11 85)**.** Website: https://caspain.org

- **FAD Juventud (Addiction Support Foundation):** Offers a free, anonymous service providing information, psychological guidance, and preventative resources regarding substance use. Call 900 16 15 15. Website: https://fad.es.

UNITED KINGDOM

- **FRANK**: Offers confidential, honest advice, local treatment referrals, and harm reduction information. Call 0300 123 6600, text 82111. Website: https://www.talktofrank.com

- **Release**: Provides free, confidential legal advice and harm reduction information concerning UK drug laws. Call 020 7324 2989. Website: https://www.release.org.uk

- **Shout 85258:** Delivers a free, confidential, 24/7 text support service for anyone experiencing a mental health crisis. Text SHOUT to 85258

UNITED STATES

- **Never Use Alone**: Connects people using substances alone with an operator who alerts emergency services if they stop responding. Call 1-800-484-3731. Website: https://neverusealone.com

- **SAMHSA National Helpline:** Provides free, confidential, 24/7 treatment referrals and information for mental health or substance use disorders. Call 1-800-662-4357 (HELP) or text your zip code to 435748 (HELP4U).

- **Fireside Project:** A non-profit organization that offers free, confidential peer support via phone, text, and mobile app for people going through or integrating psychedelic experiences. Call or text 62-FIRESIDE (623-473-7433). Website: https://firesideproject.org.

Remember, if this is a medical emergency get help immediately (see the intro of this segment).

Do it now.

NATIONAL SUICIDE & CRISIS LIFELINES

If you are coming down from a drug experience and you are downcast, depressed, and distressed know that this will pass. Recognise that this is part of recovery; for a while everything may look bleak or pointless. It will get better: it just needs time. The last thing you want to do is make any serious decisions whilst you are artificially deflated.

Alternatively, if you are still under the influence of a drug your judgement is likely to be severely impaired, so again, no serious decisions should be contemplated. Wait.

This especially applies to self-harm in any way. There are special lines to help anyone who is suffering such mental health distress. These suicide and crisis lifelines exist to provide immediate, confidential support.

If this is where you find yourself, here is a list of useful national crisis numbers:

- **Australia:** Lifeline – 131 114
- **Brazil:** Centro de Valorização della Vida (CVV) – 188
- **Canada:** Suicide Crisis Helpline – 988
- **Colombia:** Linea 106 (or National Emergency) – 106 / 123
- **Various EU Countries:** 116 123
- **France:** Numéro National de Prévention du Suicide – 3114
- **Germany:** TelefonSeelsorge – 0800 111 0 111
- **India:** Kiran Mental Health Helpline – 1800-599-0019
- **Italy:** Telefono Amico Italia – 02 2327 2327
- **Mexico:** Línea de la Vida – 800 911 2000
- **Netherlands:** 113 Zelfmoordpreventie – 113 (or 0800-0113)
- **New Zealand:** Need to Talk? – 1737
- **Russia:** Unified Psychological Support Service – 8 (800) 200-01-22
- **South Africa:** SADAG – 0800 567 567
- **Spain:** Línea de Atención a la Conducta Suicida – 024
- **UK:** Samaritans – 116 123
- **USA:** Suicide & Crisis Lifeline – 988

Your life is precious and you owe it to yourselves and those around you to protect it.

Please don’t be complacent in your drug use, do exercise caution, and always take care of yourself.