

# There is Hope



Take the first step and call us today!

***Get help for you or a loved one.***

**Call 1-877-OPIOIDS**

The Center for Leading Edge Addiction Research is offering a helpline for adults who are residents of the State of Virginia and would like to talk about their opioid use.

If you have a concern about your opioid use or just have some questions, please call us at **1-877-674-6437**. Our trained staff can offer individualized information, resources and referrals to treatment in your area. We can also offer audio recordings with mindfulness and meditation exercises to help you manage any pain issues related to your opioid use.

This helpline is not meant to replace any counseling or therapy you may currently be using but can offer you additional assistance. Anyone with questions is welcome to call for information.

All consultations are completely confidential and provided at no cost.

Take the first step and give us a call at **1-877-674-6437** or email us at [uvaclear@virginia.edu](mailto:uvaclear@virginia.edu).

***We look forward to speaking with you!***