

- Concerned about yourself or a loved one regarding substances?
- Looking for help and resources?
- Wishing to connect with others for guidance and support?
- Join us in a confidential and anonymous virtual outreach forum.
- Connect through your home computer or personal phone.

## Drug & Alcohol Outreach Forum

### Confidential \* Educational \* Supportive



6:30p – 7:30p CT, the second Tuesday every month (June 9<sup>th</sup>, July 14<sup>th</sup>)

June's speakers: Ryan & Emily Kaufman. Ryan is an OIF and OEF Armed Forces Veteran who has lived through substance abuse, a suicide attempt, homelessness and PTSD. His wife Emily, has agreed to tell her story from family member's perspective.

URL: <http://bit.ly/1cONpKn>

Conference Call: 1-855-770-7549, Code #8200

Questions? Call Krystyn at 402-416-2064, Mark 308-627-8233 or

MSG Hatzenbuehler 402-309-7343

*If you need emergency assistance with behavioral health or substance abuse issues please contact 1-800-273-TALK (8255) or go to your nearest emergency room.*