

# Rescuing our rescuers

*Substance use recovery programs helping EMS personnel*

## TREATMENT

Substance use can have serious negative health effects but help is available. One of the healthiest ways to recover from substance use disorder is through a combination of counseling and medication, known as “medication-assisted treatment.” This approach has life-enhancing outcomes and can help sustain recovery.

## TEXAS EMS PEER REFERRAL PROGRAM

EMS personnel can get connected to substance use recovery programs by contacting the Texas EMS Peer Referral Program Hotline. Information about care will not be shared without express written consent.

Treatment offers a path to restore your health and career.

**For help, call:**  
**833-EMSINTX (833-367-4689)**

Partially funded by the Substance Abuse and Mental Health Services Administration.



**TEXAS**  
Health and Human  
Services

*Substance  
Use Recovery*