

# ALCOHOL AND OTHER DRUG RESOURCE GUIDE

Call 911 immediately if a student may be harmful to themselves or others.

## EARLY INTERVENTION

### **CAMPUS** University Health Center's The Well

Reflections Alcohol and Cannabis Early Intervention Programs  
Student Success Center 1st Floor  
540-568-2831 | [jmu.edu/healthcenter](http://jmu.edu/healthcenter)

## TREATMENT PROGRAM

### **COMMUNITY** Sentara RMH Life Recovery Program

Alcohol and drug dependency treatment program  
644 University Blvd, Harrisonburg, VA 22801  
540-564-5100 | [rmhonline.com](http://rmhonline.com) (search Addiction Services)

## RECOVERY AND SUPPORT

### **COMMUNITY** AA of Shenandoah Valley, District 22

540-434-8870 | [aavirginia.org](http://aavirginia.org)

### **COMMUNITY** Blue Ridge Area of Narcotics Anonymous (NA)

800-777-1515 | [brana.org](http://brana.org)

### **COMMUNITY** Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers  
888-425-2666 | [al-anon.org](http://al-anon.org)

## WITHDRAWAL SUPPORT

It may be dangerous to go through withdrawal alone. Some people suffer from more severe withdrawal symptoms than others.

### **CAMPUS** University Health Center Urgent Care

The UHC does not manage withdrawal of any substance. A screening exam may be provided and options will be discussed.  
Corner of MLK Jr. Way and Mason Street  
M, T, W, F 8 a.m. - 4 p.m. and Th 9 a.m. - 4 p.m.  
540-568-6178 | [jmu.edu/healthcenter](http://jmu.edu/healthcenter)

### **COMMUNITY** Emergency Room at Sentara RMH

Immediate Help 24/7  
2010 Health Campus Drive  
540-689-1414

## COMMUNITY CLINICIANS

Information is from the local clinician database.  
This is not a complete list or endorsement.

### **Barton W. Biggs, M.A.**

Resident in Counseling  
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### **Cynthia W. Grey, LPC**

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