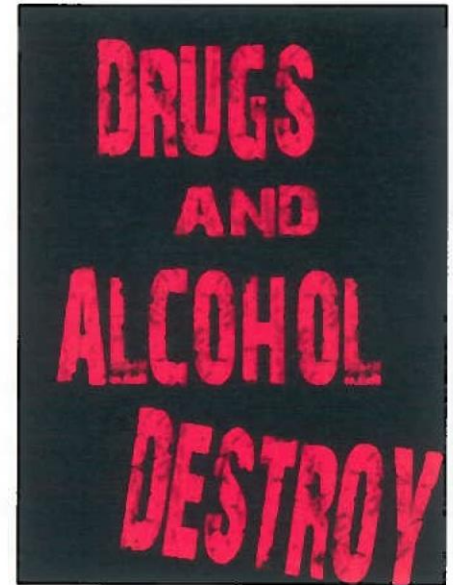


**Don't turn to drugs  
or alcohol for  
help...NOT EVEN  
ONCE!**

Not too long ago it became increasingly clear that heroin use was on the rise in many parts of the country, including Ventura County. As overdoses and deaths increased families stepped forward and urged the Community Partners to do something to stop the devastation. A task force was formed and developed responsive strategies for implementation. Throughout the proceedings it became clear that drug and alcohol abuse have profound negative consequences for users and also for their family, friends and fellow community members. It also became clear that people abuse drugs for different reasons.

**COMMUNITY PARTNERS**

- Rancho Simi Recreation & Park District
- City of Simi Valley
- Simi Valley Unified School District
- Simi Valley Chamber of Commerce
- Not One More



805-584-4400

**Avoid drugs and alcohol  
and get the help you  
need!**

**HELP IS A  
PHONE  
CALL AWAY**

## **NEED HELP?** **It's available!**

The community of Simi Valley is a special place. Yet, we can all experience difficult times. When we do, it's important for us to remember that there are many people that can and want to help. There's help for drug and alcohol abuse, mental illness, depression, heroin use, family violence and more.

**DRUGS AND ALCOHOL  
WILL DESTROY YOUR LIFE  
AND THE LIVES OF YOUR  
FAMILY AND FRIENDS. GET  
HELP NOW, LIFE IS TOO  
PRECIOUS TO LOSE.**

### **Contact Info**

**2-1-1 Ventura County Resources**  
[www.211ventura.org](http://www.211ventura.org)  
800-339-9597

**Action Family Services**  
**Mental Illness or Chemical Dependency**  
[www.actionfamilycounseling.com](http://www.actionfamilycounseling.com)  
805-584-3258/800-367-8336

**Alcoholics Anonymous**  
[www.aaventuracounty.org](http://www.aaventuracounty.org)  
805-522-1300/800-990-7750

**Heroin net**  
[www.heroin.net](http://www.heroin.net)  
877-895-0746

**Narcotics Anonymous**  
[www.simifamilygroup.com](http://www.simifamilygroup.com)  
[www.nar-anon.org](http://www.nar-anon.org)  
888-672-9318/818-773-9999

**Ventura County Behavioral Health,  
Alcohol & Drug Programs**  
[www.venturacountylimits.org](http://www.venturacountylimits.org)  
805-577-1724

**Simi Valley Free Clinic & Services**  
[www.freeclinicsv.com](http://www.freeclinicsv.com)  
805-522-3733

**Tarzana Treatment Center**  
[www.tarzanatc.org](http://www.tarzanatc.org)  
800-996-1051

**Prototype Women's Center**  
805-382-6296/805-832-2995

**New Start for Moms Drug & Alcohol**  
805-981-9250

**Aegis Methadone Clinic**  
805-522-1844

**Drug Free.org**  
[www.drugfree.org](http://www.drugfree.org)  
855-378-4373

**Suicide Prevention Line and  
Referrals**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
800-273-8255/800-662-4357

**Intervention Institute**  
805-379-3611

**Wellness Every Day**  
[www.wellnesseveryday.org/resources](http://www.wellnesseveryday.org/resources)

**Interface Family Services**  
[www.icfs.org](http://www.icfs.org)  
805-485-6114

**Heroin Kills**  
[www.heroinkills.org](http://www.heroinkills.org)

**Samaritan Center of Simi Valley**  
[www.thesamaritancenterofsimivalley.org](http://www.thesamaritancenterofsimivalley.org)  
805-579-9166

**Community Pregnancy Clinic**  
805-583-3590

**Ventura County Child Protective  
Services**  
805-654-3200

**Treatment Center Hotline**  
877-822-7504

**Ca. Dept. of Alcohol & Drug Programs**  
[www.adp.state.ca.us](http://www.adp.state.ca.us)  
800-879-2772

**A Light of Hope**  
[www.alightofhopescv.org](http://www.alightofhopescv.org)  
661-513-4325

**Not One More**  
[www.notonemore.net](http://www.notonemore.net)  
805-242-6662

Friends have to stop  
friends from doing drugs!