



Community Resources United to
Spread Hope

Are you or a loved one thinking about seeking help at the emergency room for Substance Misuse Disorder? You don't have to go through it alone.

We're here to support you—before, during, and after.

Our team can help connect you to the care and resources you need every step of the way.

You are not alone. Help is available.

TALK TO US

Amber Sheppard
Peer Recovery Coach
39-214-0080
319-200-5970

amber.sheppard@crushrcc.org