



Help After Getting Out of Jail

A Quick Reference Guide

www.EasyOutOfJail.com

After Jail, Your Loved One Will Need Help & Support:

1

Immediate Needs After Jail

Once your loved one or family member is released from jail, they will have some immediate needs which may include:

- Safe housing
- Adequate food
- Clothing and personal care items
- Transportation
- Emotional and spiritual support
- Proper identification
- Access to a phone
- Medical and dental care; psychiatric care
- Alcohol or substance-abuse treatment and rehabilitation

2

Ongoing Needs After Jail

In addition to his or her immediate needs after jail, your loved one will also need some of the following ongoing needs met:

- Life-skills training and preparation
- Employment
- Income to cover ongoing expenses
- Further educational and/or vocational training
- Professional services (attorney, accountant, counselor, etc.)
- Mentoring and spiritual guidance/support
- Counseling for family and marital problems
- Strong friendships with others who have their best interests in mind

TIP: Often times, local church organizations offer free programs to help with a variety of needs. Be sure to check with your local church for options & details.

Online Resources

Following are some FREE online resources to help you support your loved one:

www.samhsa.gov/find-help/national-helpline

Free & Confidential Government Organization:
Substance Abuse and Mental Health Services Administration (SAMHSA).

National Helpline – 1-800-662-HELP (4357)

- Free, Confidential, 24/7, 365 days/yr
- Treatment Referral & Information Service
- Prevention of Substance Abuse
- Behavioral Health & Services
- Recovery & Recovery Support
- English & Spanish

www.SuicidePreventionLifeLine.org

National Suicide Prevention Life Line:

National Helpline – 1-800-273-8255

www.EasyOutOfJail.com/helpguide

Find information at this link or helpguide.org that helps with addictions such as:

- Alcoholism & Alcohol Abuse & Addiction
- Overcoming Drug Abuse & Addiction
- Problem Gambling & Addiction
- Substance Abuse & Mental Health Issues

777.777.7777

EasyOutOfJail.com