



## Prevention Lead Organizations (PLO)

Contact a PLO to engage with prevention efforts in your region!

### REGION 1

*Brooke, Hancock, Marshall, Ohio, Wetzel*  
Dara Pond  
Youth Services System, Inc.  
304-233-2045 • dpond@ysswv.com

### REGION 2

*Berkeley, Grant, Hampshire, Hardy, Jefferson,  
Mineral, Morgan, Pendleton*  
Barbra Masih, MS, LPC, NCC, AADC, CRC, PSII  
Potomac Highlands Guild  
304-257-1155 • pbarbiem@potomachighlandsguild.com

### REGION 3

*Calhoun, Jackson, Pleasants, Ritchie, Roane, Tyler, Wirt, Wood*  
Alison Browning  
Westbrook Health Services  
304-927-5200 • abrowning@westbrookhealth.com

### REGION 4

*Barbour, Braxton, Doddridge, Gilmer, Harrison, Lewis, Marion,  
Monongalia, Preston, Randolph, Taylor, Tucker, Upshur*  
Elizabeth Shahan, MSW, LGSW, PSII  
West Virginia Prevention Solutions  
304-423-5049 • Elizabeth@wvpreventionsolutions.org

### REGION 5

*Boone, Cabell, Clay, Kanawha, Lincoln, Logan,  
Mason, Mingo, Putnam, Wayne*  
Kim Shoemake, MS  
Prestera Center  
304-412-7036 • Kimberly.Shoemake@prestera.org

### REGION 6

*Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas,  
Pocahontas, Raleigh, Summers, Webster, Wyoming*  
Greg Puckett  
Community Connections  
304-913-4956 • greg.puckett@strongcommunities.org




# GET HELP

For emergencies call 911.



**For 24/7 Help With a Substance Use or Mental Health Issue**

1-844-435-7498; help4wv.com

 FindTreatment.gov

**Substance Use and Mental Health Treatment Locator**

findtreatment.gov

1-800-662-HELP (4357); 1-800-487-4899 (TTY)



**Alcohol Treatment Navigator**

alcoholtreatment.niaaa.nih.gov



**Find a Narcotics Anonymous Meeting Near You**

na.org/meetingsearch



**Find an Alcoholics Anonymous Meeting Near You**

aa.org



**National 988 Suicide & Crisis Lifeline**

988lifeline.org



**Prevent Suicide WV - Get Help**

preventsuicidewv.com/help/



**West Virginia Poison Center**

1-800-222-1222

wvpoisoncenter.org

1-800-GAMBLER

**For 24/7 Help With a Gambling Problem**

1800gambler.net

West Virginia  
**Center for Local Health**

**Find Your Local Health Department**

dhr.wv.gov/localhealth/Pages/Map.aspx



**Help304 West Virginia's Emotional Strengthline**

For social, emotional, and supportive counseling via call, text, and chat.

help304.com



**Help & Hope WV**

HelpandHopeWV.org



**StigmaFree WV**

StigmaFreeWV.org