



Help is Available

A Resource Guide for Substance Abuse Education, Information, & Support

**If you suspect someone is overdosing...
CALL 911!**

Recognizing an Opiate Overdose

Person will not wake up. No response to yelling. Blue lips or fingernails. Clammy, cool skin. Shallow, slow breathing. Seizures or convulsions. No response to knuckles being rubbed hard on breast bone.

Overdose Risk Factors

Using alone. Surviving a past overdose. Mixing drugs such as opioids, benzos, and alcohol. Change in drug purity. Weight loss, health issues or a period of non-use.

For Treatment

SAMHSA (Substance Abuse Mental Health Services Association): www.samhsa.gov
Massachusetts Bureau of Substance Abuse
Hotline: www.helpline-online.com
800-327-5050 tty-888-448-8321

MOAR (Mass Organization of Addiction Recovery):
moar-recovery.org

Support for Family and Friends

Learn To Cope: www.Learn2Cope.org
508-801-3247

Nasal Narcan Responder Training:
800-327-5050

Narcan temporarily reverses an opioid overdose-- free training to become a Narcan responder.

Al-Anon/Alateen: ma-al-anon-alateen.org
508-366-0556

Alanon: al-anon.org 888-425-2666
Families Anonymous: familiesanonymous.org
The Addict's Mom: addictsmom.com
Drug Free: Drugfree.org
Wicked Sober: wickedsober.com

For information on Chapter 123-Sec 35 (involuntary commitment)
<http://www.mass.gov/cohhs/gov/departments/dph/programs/substance-abuse/addictions/drugs-and-alcohol/section-35-faq.html> or contact your local District Court Civil Clerks Office

Recommended Reading

Addict in the Family by Beverly Conyers
It's Not Okay to Be a Cannibal: How to Keep Addiction from Eating your Family Alive by Andrew T. Wainwright
Now What? An Insider's Guide to Addiction and Recovery by William Cope Moyers

Sponsored by Circle Health

Inpatient Treatment

Lahey Health Behavioral Services Treatment Centers - also offers some outpatient services.

www.nebhealth.org

Tewksbury at State Hospital: 978-259-7000

Danvers: 978-777-2121

Boston: 617-247-1001

AdCare Hospital**

Worcester: 800-345-3552 or 800-252-6465

Community Healthlink Inc***

Worcester: 508-860-1200

Institute for Health and Recovery -Intake for multiple inpatient services for adolescents and families with children. 617-661-3991

Spectrum Health Systems***

Westborough: 800-366-7732

Dimock Detox Roxbury: 617-442-8800 x 1320

SSTAR -also provides services for pregnant women.

sstar.org

Fall River: 800-937-3610 or 508-324-7763

Outpatient Detox

CleanSlate Centers

Tewksbury: 800-NEW-START

Adcare Hospital

Worcester: 800-345-3552 or 800-252-6465

Spectrum Health Systems

800-464-9555

Caritas NORCAP -also has inpatient services

Foxboro: 800-331-2900

Veterans Center -also has inpatient services**

Bedford: 781-687-2347 Urgent care: 781-687-2654

Community Support

Lowell Community Health Center Substance Abuse Treatment Office-based Opioid Treatment

161 Jackson Street, Lowell: 978-937-9700

Lowell House Inc. - also provides outpatient substance abuse services.

555 Merrimack Street Lowell: 978-459-8656

Middlesex Recovery, P.C. - accepts MassHealth.

53 Cummings Park Woburn, MA, 01801

781-305-3300

MA Substance Abuse Information and Education

Helpline: helpline-online.com

800-327-5050

Narcotics Anonymous (NA): Meetings

866-624-3578

Alcoholics Anonymous (AA): Meetings

978-957-4690

Massachusetts Poison Control Center

800-222-1222

Suicide Prevention Hotline (24 hr):

suicidepreventionlifeline.org 800-273-8255

Replacement Therapy (Methadone) Habit OPCO

22 Olde Canal Drive in Lowell: 978-452-5155

Replacement Therapy (Suboxone) - Find a trained

prescribing doctor. HereToHelpProgram.com

866-973-4373

Replacement Therapy (Vivitrol):

vivitrol.com/GetStarted

* Provides discharge transportation

** Door to door transportation provided

*** Transportation from local train station

Visit www.drugfreegreaterlowell.org for a variety of additional resources