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
SAMSHA (Substance Abuse Mental Health Services Association): www.samhsa.gov
Massachusetts Bureau of Substance Abuse Hotline: www.hotline-online.com 800-327-5050 or 888-448-0821
MOAR (Mass Organization of Addiction Recovery): moar-recovery.org

Support for Family and Friends
Learn To Cope: www.Learn2Cope.org 508-801-3247
Narcan Responder Training: 800-327-5050
Narcan temporarily reverses an opioid overdose. Narcan training to become a naloxone 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.org
Drug Free: Drugfree.org
Wicked Sober: wickedsober.com
For information on Chapter 123-Sec 35 (involuntary commitment at): http://www.mass.gov/mhl/mld/gov/departments/ pubprograms/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 Cooper
It's Not Okay to be a Cannibal! How to Keep Addiction from Eating your Family Alive by Andrew T. Wainwright
New What? An Insider's Guide to Addiction and Recovery by William Cape Myers
Sponsored by Circle Health

Inpatient Treatment
Lahey Health Behavioral Services Treatment Centers - also offers some outpatient services.
www.neihealth.org
Tewksbury at State Hospital: 978-259-7000
Danvers: 978-777-2121
Boston: 617-247-1001
AdCare Hospital**
Worcester: 800-345-3552 or 800-252-4665
Community HealthLink Inc**
Worcester: 508-860-1200
Institute for Health and Recovery - Intake for multiple inpatient services for adolescents and families with children. 617-661-2991
Spectrum Health Systems**
Westborough: 800-366-7732
Dimock Detox Roxbury: 617-442-8800 x 1320
SSTAR - also provides services for pregnant women.

Outpatient Detox
Conant Centres
Tewksbury: 800-NEW-START
Adcare Hospital
Worcester: 800-345-3552 or 800-252-4665
Spectrum Health Systems
800-464-9525
Caritas NORCAP - also has inpatient services
Fitchburg: 800-331-2900
Veterans Center – also has inpatient services*
Bedford: 781-687-2347 Urgent care: 781-687-2654

Community Support
Lowell Substance Abuse Community Substance Abuse Treatment Office-based Opioid Treatment 161 Jackson St, Lowell: 978-927-5780
Lowell House Inc. - also provides outpatient substance abuse services.
555 Merrimack St, Lowell: 978-659-8656
53 Cummings Park Woburn, MA, 01891
781-305-3300
MA Substance Abuse Information and Education Hotline: hotline-online.com 800-327-5050
Narcotics Anonymous (NA): Meetings
866-624-3578
Alcoholics Anonymous (AA): Meetings
978-957-4690
Massachusetts Poison Control Center
900-222-1222
Suicide Prevention Hotline (24 hr):
suicidepreventionlifeline.org 800-273-8255
Replacement Therapy (Methodone) Habit OPCO
22 Old Canal Drive in Lowell: 978-452-5155
Replacement Therapy (Suboxone) - Find a trained prescribing doctor.
HereToHelpProgram.com
866-973-8373
Replacement Therapy (Vivitrol):
vivotrol.com/GetStarted

* Provides discharge transportation
** Door to door transportation provided
*** Transportation from local train station

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