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-888-448-8921
MOAR (Mass Organization of Addiction Recovery): www.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 988-425-2666
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/ehhs/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

Sponsored by Circle Health

Inpatient Detox/ 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.

Outpatient Detox/Treatment
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: 978-37-9700
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

South Bay Mental Health 978-674-5400

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