

## **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](http://www.samhsa.gov)

**Massachusetts Bureau of Substance Abuse**

**Hotline:** [www.helpline-online.com](http://www.helpline-online.com)

800-327-5050 tty-888-448-8321

**MOAR** (Mass Organization of Addiction Recovery):

[www.moar-recovery.org](http://www.moar-recovery.org)

### **Support for Family and Friends**

**Learn To Cope:** [www.Learn2Cope.org](http://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](http://ma-al-anon-alateen.org)

508-366-0556

**Alanon:** [al-anon.org](http://al-anon.org) 888-425-2666

**Families Anonymous:** [familiesanonymous.org](http://familiesanonymous.org)

**The Addict's Mom:** [addictsmom.com](http://addictsmom.com)

**Drug Free:** [Drugfree.org](http://Drugfree.org)

**Wicked Sober:** [wickedsober.com](http://wickedsober.com)

For information on Chapter 123-Sec 35 (involuntary commitment)

<http://www.mass.gov/eohhs/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 Detox/ Treatment**

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

[www.nebhealth.org](http://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](http://sstar.org)

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

### **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: 978-937-9700

**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

**South Bay Mental Health**

978-674-5400

**MA Substance Abuse Information and Education**

**Helpline:** [helpline-online.com](http://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](http://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](http://HereToHelpProgram.com)

866-973-4373

**Replacement Therapy (Vivitrol):**

[vivitrol.com/GetStarted](http://vivitrol.com/GetStarted)

\* Provides discharge transportation

\*\* Door to door transportation provided

\*\*\* Transportation from local train station

Visit [www.drugfreegreaterlowell.org](http://www.drugfreegreaterlowell.org) for a variety of additional resources