Struggling with Addiction?

YOU ARE NOT ALONE

Where to turn to for help for a loved one or yourself can be overwhelming...

Here are a few places to start:

**TREATMENT REFERRALS**

- **Newton Health and Human Services Department**: 617-796-1420 (M-F 8:30 – 5) available for consults to find resources

- **MA Substance Abuse Helpline**: 800-327-5050
  Referrals to public & private treatment programs
  http://helpline-online.com/

**FAMILY SUPPORT**

- **Learn 2 Cope**: 508-738-5148
  Support groups for family members
  http://www.learn2cope.org/

- **Allies in Recovery**
  Online learning platform for family members struggling with a loved one's addiction. http://alliesinrecovery.net/
OVERDOSE PREVENTION

SIGNS OF AN OPIOID OVERDOSE:
Deep snoring, turning blue (lips, fingernails), unresponsive, no / slow breathing

RESPONDING TO AN OVERDOSE:
1. Call 911. MA Law provides protection from prosecution for drug possession
2. Give Naloxone (Narcan) if you have it.
3. Stay with the person until help arrives

NALOXONE/ NARCAN

Naloxone – known as Narcan - blocks the effects of opioids such as heroin, fentanyl, oxycodone, hydrocodone, codeine, and methadone in the brain.

In MA, you can get Narcan without a prescription, and it is covered by most insurance. Talk to your pharmacist about getting a Narcan rescue kit.