

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.