



# ALERT

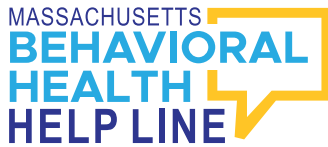


## INDIVIDUALS NEEDING SERVICE DUE TO PROVIDER DISRUPTION



### FREE ASSISTANCE HELPLINES

#### Behavioral Health Help Line



The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. They provide real-time support, initial clinical assessment, and connection to the right evaluation and treatment. Call or Text 833-773-2445



#### 988

988 provides free, confidential emotional support to all callers in emotional distress and connects them to services if needed. The line is free and available 24/7, 365 days a year via phone call, text, or chat. Phone Number: 988. Website: [988lifeline.org](http://988lifeline.org)

#### The Massachusetts Substance Use Helpline



The Helpline provides the public with resource information about harm reduction, treatment, and recovery services for Substance Use Disorder available in Massachusetts and a warm hand off to these programs when needed. Phone number: 800-327-5050. Website: [helplinema.org](http://helplinema.org).

#### BMC Addiction Warmline



The Warmline assists in providing rapid access to medications to treat opioid and alcohol use disorders including buprenorphine (Suboxone), Sublocade, injectable naltrexone (Vivitrol), and other medications for alcohol use disorder and linkage to treatment on demand (including methadone) and referral to long term treatment. Phone number: 617-414-4175.

#### SafeSpot



SafeSpot provides virtual spotting services to people who use drugs to prevent overdose. An individual using drugs alone calls the line, uses the substance, and stays in verbal communication with the operator until both the caller and the operator have decided that they are safe to disconnect. If there is an emergency, the operator will call the designated responder given by the caller or emergency response services. Phone number: 800-972-0590. Website: [safe-spot.me](http://safe-spot.me).

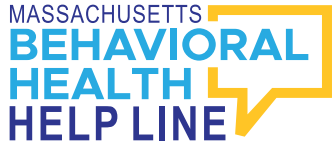


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## I've lost access to my mental health medication. What do I do next?

### 1 Call:



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OR

### 2 Connect with:



#### Community Behavioral Health Center Mental health meds available

Community Behavioral Health Centers (CBHCs) are one-stop shops for a wide range of mental health and substance use services and treatment. The statewide network of CBHCs includes centers across Massachusetts that offer immediate, confidential care for mental health and substance use needs.

Crisis services are available around the clock for anyone in Massachusetts who feels they may be experiencing a mental health crisis. This 24/7 in-person crisis support can be used by anyone in Massachusetts, whether or not they have health insurance. CBHCs also offer day-to-day mental health and substance use services which are covered by all MassHealth plans and some commercial insurance plans. Find your local CBHC at [mass.gov/CBHCs](https://mass.gov/CBHCs).



#### Benzodiazepine Withdrawal

Patients are prescribed benzodiazepines to improve anxiety, insomnia, or muscle spasms. They are used to treat active seizures and alcohol withdrawal. Common benzodiazepines brands include Klonopin, Ativan, Xanax, and Valium. Daily use of benzodiazepines can lead to physical tolerance. When benzodiazepines are stopped abruptly, withdrawal symptoms can be moderate, severe, or even fatal. These symptoms include: anxiety, tremors, irritability, insomnia, nausea/vomiting, heart palpitations, seizures, hallucinations, and death. Some patients may attempt to get benzodiazepines outside of their prescription if they lose access to their prescriber. Fentanyl may be present in any drug that is not obtained from a pharmacy. Fentanyl is often found in counterfeit benzodiazepines and can raise the risk of a deadly overdose.

#### Stimulant Medication Withdrawal

Patients are prescribed stimulants for attention deficit disorders. Stimulant medications increase blood pressure, respiration, and heart rate. Common stimulant brands include: Ritalin, Adderall, Concerta, Vyvanse, and Dexedrine. Withdrawal symptoms include depressed mood, poor energy, anxiety, and cravings. While stimulant withdrawal seldom has life-threatening consequences, it can be emotionally and physically taxing and last up to 5 months. Some people may attempt to obtain stimulant medications outside of their prescription if they lose access to their prescriber. Fentanyl may be present in any drug that is not obtained from a pharmacy. Fentanyl is often found in counterfeit benzodiazepines and can raise the risk of a deadly overdose.