

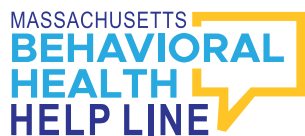
# Mental Health Medication Community Resources



Free Assistance  
Helplines

## METROWEST REGION

### 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

### 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).



### 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)

### Community Behavioral Health Centers Mental health meds available

<b>Advocates</b> 675 Main Street, Waltham 1094 Worcester Road, Framingham	800- 640-5432
<b>Riverside Community Care</b> 190 Lenox St, Norwood	800-529-5077
<b>Aspire</b> 460 Quincy Ave, Quincy	800-528-4890
<b>Cambridge Health Alliance</b> 1493 Cambridge St, Cambridge	833-222-2030

### 24-hour Diversionary Medically Managed Withdrawal Management (Detox)

<b>Bedrock Rehab LLC</b> 1 Meadowbrook Way, Canton	617-657-2877
<b>Charles River Recovery</b> 75 Norumbega Rd., Weston	888-616-5344
<b>Evoke Wellness at Cohasset</b> 1 Chief Justice Cushing Hwy, Cohasset	866-931-8495
<b>Gavin Quincy ATS/CSS</b> 43 Old Colony Ave. Quincy	617-845-5785
<b>Hillside Detox</b> 188 Florence St., Newton	781-332-4135
<b>McLean Hospital</b> 115 Mill St., Belmont	617-855-3141
<b>Mayflower Recovery Center</b> 362 Middlesex Ave., Wilmington	978-737-7937
<b>Spectrum, New England Recovery Center</b> 154 Oak St., Westborough	800-366-7732

# Mental Health Medication Community Resources

## METROWEST REGION



### Outpatient Programs

#### Mental Health medications, Naltrexone and/or Buprenorphine Available

<b>Addictions Recovery Program</b> 133 ORNAC, Concord	978-287-3520	<b>Northstar Recovery Center</b> 132 Turnpike Road, Southborough	888-311-0911
<b>Advocates Community Counseling</b> 340 Maple Street, Marlborough	508-485-9300	<b>On Call Treatment</b> 564 Main Street, Waltham	781-317-0005
<b>Arbour Counseling Services</b> 10-I Ressler Road, Woburn	781-932-8114	<b>Paramount Recovery Centers</b> 120 Turnpike Road, Southborough	603-630-9023
<b>Arbour Elder Services, Inc.</b> 384 Washington Street, Norwell	781-871-6550	<b>Perinatal Behavioral Health Program</b> 797 Main Street, Weymouth	781-624-5065
<b>Bay State Community Services</b> 1120 Hancock Street, Quincy	617-471-8400	<b>North Charles Impact Outpatient</b> 54 Washburn Ave, Cambridge	617-661-5700
<b>Cambridge Health Alliance</b> 26 Central Street, Somerville	617-591-6051	<b>Right-Turn-Biz</b> 440 Arsenal Street	617-413-6696
<b>Charles River Recovery</b> 75 Norumbega Road	508-826-6182	<b>Riverside OP Center at Norwood</b> 190 Lenox Street, Norwood	781-769-8670
<b>BrightView Health</b> 339 Massachusetts Ave, Arlington	339-368-7696	<b>Rockland Recovery Treatment Centers</b> 400A Franklin Street, Braintree	855-732-4842
<b>ECR OpCo</b> 215 Chief Justice Cushing Highway, Cohasset	781-468-8920	<b>SMOC Behavioral Healthcare</b> 7 Bishop Street, Framingham	508-879-2250
<b>Greater Boston Addiction Center</b> 322 Reservoir Street, Needham	781-471-5656	<b>Spectrum Health Systems</b> 68 Franklin Street, Framingham	508-875-5801
<b>McLean Hospital Belmont HCQ</b> 115 Mill Street, Belmont	617-855-2106	210 Bear Hill Road, Waltham	781-290-4970
<b>Mt. Auburn Prevention and Recovery Center</b> 330 Mount Auburn Street, Cambridge	617-499-5051	178 Winter Street, Weymouth	781-331-0690
<b>New England Medical Group</b> 210 Whiting Street, Hingham	617-916-5069	<b>Square Medical Group</b> 884 Washington Street, Weymouth	617-916-5069
<b>New Horizons Medical PC</b> 214 Howard Street, Framingham 500 Congress Street, Quincy	508-872-0700	<b>Spring Hill Recovery Center</b> 604 Washington Street, Quincy	617-282-1400
<b>Northeast Family Services</b> 55 Providence Highway, Norwood	781-769-2655	<b>Substance Abuse Services</b> 86 Baker Ave, Concord	978-369-1119
		<b>VOA Behavioral Health Services</b> 1419 Hancock Street, Quincy	617-770-9690

Scan for MA Harm Reduction Program locations  
(includes naloxone and syringe services)





# ALERT

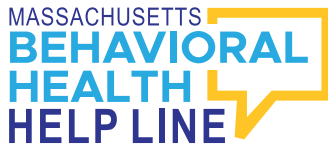


## INDIVIDUALS NEEDING SERVICE DUE TO PROVIDER DISRUPTION



### 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).

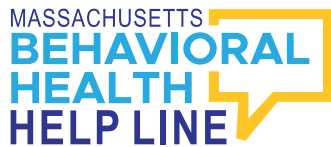


# ALERT



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

### 1 Call:



#### 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.**

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](http://mass.gov/CBHCs).



#### Benzodiazepine Withdrawal

Patients are prescribed benzodiazepines to improve anxiety, insomnia, or muscle spasm. 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.