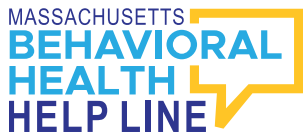


Mental Health Medication Community Resources

WESTERN REGION



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

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.

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.

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

Community Behavioral Health Centers Mental Health Medication Available

Clinical Support Options	800-562-0112
2033 Main St, Athol	
1 Arch Place, Greenfield	
8 Atwood Dr, Northampton	
Center for Human Development	
Gateway Community Behavioral Health Ctr	833-243-8255
1109 Granby Rd, Chicopee	
Behavioral Health Network WellBeing Ctr	800-437-5922
417 Liberty St, Springfield	
77 Mill Street, Westfield	
Brien Center	800-252-0227
334 Fenn St, Pittsfield	

24-hour Diversionary Medically Managed Withdrawal Management (Detox)

Berkshire Mountain Health	877-567-6405
446 Monterey Road, Great Barrington	
Carlson Recovery Center	413-733-1431
471 Chestnut Street, Springfield	
McGee Unit	413-445-9228
725 North Street McGee Unit - 2 Jones, Pittsfield	
New View	413-223-5072
21 Kenwood St., Greenfield	
Swift River	888-451-5895
151 South Street, Cummington	
The Retreat of Boston	413-299-2485
14 Chestnut Pl., 3rd Floor, Ludlow	



Medications for Opioid Use Disorder Community Resource

WESTERN REGION



Outpatient Programs

Mental Health Medications, Naltrexone and/or Buprenorphine Available

ADMHA Substance Abuse and Recovery Services 605 State Street, Springfield	413-266-2207	MiraVista Behavioral Health Center 1233 Main Street, Holyoke	413-701-2600
Baystate Wing Hospital 40 Wright Street, Palmer	413-370-5285	Quabbin Retreat, Dana Day Treatment Center 211 North Main Street, Petersham	978-724-0010
BestLife 1 Federal Street, Springfield	413-233-5323	River Valley Counseling Center 303 Beech St, Holyoke	413-540-1128
CHD Outpatient Behavioral Health Services 367 Pine Street, Springfield	413-737-1426	ServiceNet Outpatient Programs 55 Federal Street, Greenfield	413-772-2935
Compass Recovery 975A Springfield Street, Agawam	413-861-0680	Spectrum Health Systems 290 Park Street, Great Barrington	413-347-4647
Gandara Mental Health Center 2155 Main Street, Springfield	413-736-0395	The Brien Center for Mental Health and Substance Abuse Services 333 East Street, Pittsfield	413-499-0412

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





ALERT

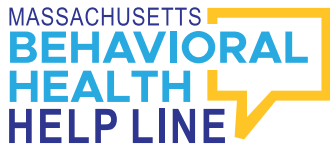


INDIVIDUALS NEEDING SERVICE DUE TO PROVIDER DISRUPTION



FREE ASSISTANCE HELPLINES

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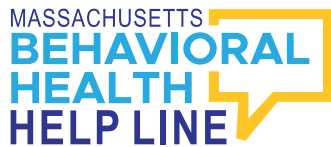


ALERT



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

1 Call:



Behavioral Health Help Line

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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.



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.