



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



BMC Addiction Warmline

Provides rapid access to medications to treat opioid use disorder including buprenorphine (Suboxone), Sublocade, injectable naltrexone (Vivitrol), linkage to treatment on demand (including methadone) and referral to long term care. The line is free and available 24/7, 365 days a year via call. Depending on time, may receive call-back after leaving message. Phone number: 617-414-4175.

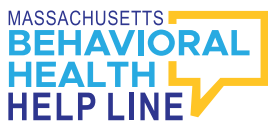
Massachusetts Substance Use Helpline

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. The line is free and available 24/7, 365 days a year via phone call, text, or chat. By phone: 800-327-5050 or [visiting their website](http://helplinema.org) (helplinema.org).



Behavioral Health Help Line (BBHL)

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 [visit their website](http://masshelpline.com) (masshelpline.com).



WATCH OUT FOR:

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.