

## Who Are We?

We are a group of first responders, social workers, town and health officials.

We are working together in Marblehead to address the opioid crisis, prevent overdoses and help those struggling with addiction to access care.

We believe everyone is an individual and deserves access to support, education, treatment and resources.

We want to make sure you know we care.

## Opioid Overdose Information

Overdose risks:

- Not using for a while
- Using alone
- Mixing drugs
- If you have overdosed before

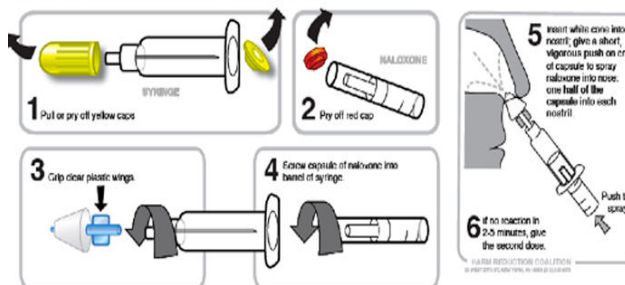
Overdose prevention:

- Don't use alone
- Access treatment
- Try not to mix drugs

Overdose response:

- See someone turning blue, not breathing or unresponsive to your voice or touch
- Give sternal rub (rub knuckles on their breastbone)
- If no response call 9-1-1
- "Someone with me isn't breathing, it may be an overdose."
- Start rescue breathing – tilt head back, pinch nose, open mouth and gently breathe in their mouth 1 time every 5 seconds
- Give 1<sup>st</sup> dose of Narcan
- Keep breathing and wait for first responders
- If no response after 2-3 minutes administer the second dose of Narcan and continue rescue breathing

### HOW TO GIVE NASAL SPRAY NARCAN



# Marblehead Opioid Harm Reduction Resource Guide

Reaching out to those in need of support and services.





*If you're struggling, please know  
**YOU ARE NOT ALONE.**  
You matter very much.  
Don't give up.*

### **Harm Reduction Services:**

#### **Healthy Streets Outreach Program**

**100 Willow Street 2<sup>nd</sup> Floor Lynn, MA**

Phone: (339) 440-5633

- Safe injection and safe sex supplies
- FREE Naloxone Rescue Kit and Training
- HIV, Hep C, STI Testing
- Substance use treatment referrals
- Syringe disposal

### **Substance Use Treatment Hotline:**

#### **Massachusetts 24/7 Helpline**

Phone: (800) 327-5050

- Numbers for ALL treatment programs in Massachusetts

### **Project COPE/Bridgewell:**

Phone: (781) 581-9270

- Inpatient and outpatient treatment programs in Lynn, MA
- Mental health and substance use services

### **Detox Programs closest to you (there are more, call the helpline or Healthy Streets for more numbers):**

Danvers Detox: (978) 777-2121

Boston Detox: (800) 763-5363

Tewksbury Detox: (978) 259-7000

Dimock Detox - Roxbury: (617) 442-8800

Phoenix House – Quincy: (617) 607-6365

### **Dual Diagnosis\* Programs closest to you:**

\*You must get evaluated at an emergency room to access care at a dual program unless you are suicidal. If you are feeling suicidal please head to your nearest emergency room or call 9-1-1.

Baldpate Hospital – Georgetown: (978) 352-2131

Bayridge Hospital – Lynn: (781) 599-9200

Salem Hospital – 7East: (978) 741-1200

Bournewood – Brookline: (800) 468-4358

### **Family Resources**

**Learn to Cope:** support network that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs

[www.learntocope.org](http://www.learntocope.org)

**Al-anon Family Groups:** 12-step meetings for families who have someone in their life who has an alcohol or substance use issue.

Phone: (508) 366-0556

<http://ma-al-anon-alateen.org/>

**GRASP:** Grief Recovery After a Substance Passing, a support group for people who have lost a loved one to substance use or addiction.

<http://grasphelp.org/>

### **Lahey Health - Behavioral Crisis Team**

Mobile Crisis Teams for behavioral and substance –related emergencies

[www.NebHealth.org](http://www.NebHealth.org)

(978) 744-1585

(866) 523-1216

**More Information can be found on the  
Town of Marblehead Web Site:**

[www.marblehead.org](http://www.marblehead.org)

**In a true emergency ALWAYS call :**  
**911**

**#makethecall**