



Massachusetts Bureau of Substance Addiction Services (BSAS)



RESOURCES

For Help

.....with an alcohol or drug problem

Massachusetts Substance Use Helpline
www.HelplineMA.org
 1-800-327-5050 (Toll free)
 TTY 1-888-448-8321 (Toll free)

.....to quit smoking

Massachusetts Tobacco Control Program
 Smokers' Helpline at 1-800-QUIT-NOW
 (1-800-784-8669)
 and www.quitworks.org

.....with a gambling problem

Massachusetts Council on Compulsive
 Gambling
www.masscompulsivegambling.org
 1-800-GAM-1234 (Toll free)
 TTY 617-426-1855

Other Resources

Massachusetts Health Promotion Clearinghouse

Provides FREE prevention and information materials. Select Alcohol and Other Drugs, then select group—
 Older Adults, Adolescents, etc.

<http://www.mass.gov/maclearinghouse>

Massachusetts State without Stigma Campaign

Current statistics and details on state efforts to address opioid overdoses; information on addressing stigma.

<http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/state-without-stigma/>

How to Dispose of Unused Medicines: FDA

Also provides links to DEA site for information on take back days, etc. or Google DEA Takeback Days.

<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>

Harmful Interactions: Mixing Alcohol with Medicines

Commonly Used Medicines That Interact With Alcohol (download only)

http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf

Rethinking Drinking. NIAAA booklet and website for anyone who drinks. The site describes *a drink*, provides a cocktail calculator, and more. Drink quantities noted, though, are for those under 65. Download or order from the site.

<http://rethinkingdrinking.niaaa.nih.gov/>

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Information about Nasal Naloxone (Narcan)

In an overdose opioids can slow breathing to the point of death. Nasal naloxone (sometimes called Narcan) blocks the opioids and restores normal breathing when sprayed into the nose of someone who has overdosed.

The medication has no potential for abuse and can be given by a non-medical person. Find out where you can obtain a naloxone kit and receive training on how to prevent and recognize an opioid overdose. <https://www.mass.gov/overdose-prevention-and-naloxone-access>

Resources for Families

Learn to Cope a non-profit 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. Meetings throughout Massachusetts. (508) 738-5148 <http://learn2cope.org/>

Allies in Recovery is an online-learning platform for families with a loved one struggling with drugs or alcohol; provides community, personalized advice, and a scientifically-proven program to give family members the skill-set needed to help their loved one. <http://alliesinrecovery.net/>

Recovery Resources

Massachusetts Organization for Addiction Recovery (MOAR) is an organization of recovering individuals, families and friends who form a collective voice to educate the public about the value of recovery from alcohol and other addictions. <http://www.moar-recovery.org/>

Peer Recovery Support Centers can be a help to maintain abstinence. Centers provide social activities, help with job searches, community involvement and support to individuals in recovery. https://mahelplineonline.custhelp.com/app/account/opa_result/incident_id/MzU2NTc=#description

Grandparents Raising Grandchildren Executive Office of Elder Affairs

MA Commission on the Status of Grandparents Raising Grandchildren <http://massgrg.com>

Resources for Grandparents and those who serve them

Executive Office of Elder Affairs <http://www.mass.gov/elders>