

Resources for People with Addiction or Substance Use Disorder

Addiction/Substance Use Disorder is a chronic, relapsing brain disease. It causes a person to compulsively seek and use drugs, despite consequences for themselves and loved ones. Addiction changes the brain—both its structure and how it works. It does not discriminate against class, race, ethnicity, or gender, and does not imply an individual is morally bad or has failed. Addiction is a treatable disease that can be managed successfully. **Recovery is possible.**

Withdrawal Symptoms

If you feel any of these withdrawal symptoms, seek help:

- | | |
|--|------------------------|
| • Intense cravings | • Feeling of heaviness |
| • Extreme sweating | • Crying jags |
| • Nausea & vomiting | • Insomnia |
| • Severe muscle and bone aches and pains | • Runny Nose |
| • Cramping in limbs | • Cold sweats |
| | • Fever and diarrhea |

Naloxone is a drug that reverses overdose.

Naloxone is a nasal spray that anyone can learn to use with a short training. You can buy naloxone with your insurance at CVS, Walgreens, and some local pharmacies. Go to odprevention.org/naloxone for more info.

Steps to Recovery

1. **Detox Services:** To find detox services that will help manage withdrawal symptoms, expect to call multiple locations in order to locate an available bed. The earlier you call, the better chance you will have of finding immediate assistance. See *back page for a detox list.*
2. **Transitional Support Services (TSS):** These short-term residential services are for people transitioning from detox to long-term recovery and support.
3. **Long-Term Residential Treatment:** For people who recently stopped using substances, are medically stable, and able to participate in structured residential treatment. Treatment is usually a minimum of 30 days, but can last up to 8 months.

Support Services and Resources

- **Wicked Sober:** Free consultations for people with addiction or their loved ones.
(855) 953-7627 | www.wickedsober.com
- **Cambridge Needle Exchange and Overdose Prevention Program:** Free, safe, & confidential space for injection drug users to access resources and services, including free naloxone.
(617) 599-0246 | www.bit.ly/Camb_NEP
- **PAATHS:** One-stop shop for information about, or access to, addiction treatment services.
(855) 494-4057 | www.bit.ly/paaths
- **Cambridge Police Special Investigations Unit:** Conduct investigations and assist overdose victims seeking treatment and recovery services.
(617) 349-3360
- **MA Substance Abuse Information Helpline:** Free, confidential information and referrals to over 600 programs.
(800) 327-5050 | www.helpline-online.com
- **Narcotic Anonymous:** Support meetings.
(866) 624-3578 | www.newenglandna.org
- **Alcoholics Anonymous:** Support meetings.
(978) 957-4690 | www.aaboston.org
- **Behavioral Health Treatment Services Locator:**
(800) 662-4357 | www.findtreatment.samhsa.gov
- **Learn to Cope:** A support group for parents and families of people with an addiction.
(508) 738-2027 | www.learn2cope.org

Detox and Treatment Services

Program	Location	Phone	Services
Adcare Hospital	Worcester, MA 01609	(508) 799-9000 x4300	Detox
Baldpate Hospital	Georgetown, MA 01833	(978) 352-2131	Detox
Boston Medical Center – Project ASSERT	Boston, MA 02118	(617) 414-4388	Detox Referrals
Bournewood Hospital*	Brookline, MA 02467	(617) 469-0300	Detox
Carlson Recovery Center	Springfield, MA 01199	(413) 733-1423	Detox
Lahey Behavioral Services	Boston, MA 02118	(800) 763-5363	Detox
Lahey Tewksbury	Tewksbury, MA 01876	(978) 259-7000	Detox
Lahey Danvers	Danvers, MA 01923	(978) 777-2121	Detox
Community Healthlink	Worcester, MA 01610	(508) 860-1200	Detox
Dimock	Roxbury, MA 02119	(617) 442-8800 x1320	Detox
Emerson Hospital	Concord, MA 01742	(978) 287-3510	Detox
Faulkner Hospital*	Jamaica Plain, MA 02130	(617) 983-7711	Detox, including Mental Health, Pregnant
Gosnold	Falmouth, MA 02540	(800) 444-1554	Detox
High Point	Plymouth, MA 02360	(508) 224-7701	Detox
High Point Treatment Center*	Brockton, MA 02301	(508) 742-4400	Detox
McGee Unit / Berkshire Medical Center	Pittsfield, MA 01201	(413) 442-1400	Detox, including Mental Health, Pregnant
McLean Hospital	Belmont, MA 02478	(617) 855-3141	Detox, TSS, Residential, and Outpatient
Middlesex Recovery	Woburn, MA 01801	(781) 305-3300	Maintenance Program
New England Recovery Center	Westborough, MA 01581	(855) 772-1188	Detox
NORCAP	Foxboro, MA 02035	(800) 331-2900	Detox
Phoenix House Quincy	Quincy	(617) 934-1136	Detox and TSS
Providence Behavioral Health Hospital	Holyoke, MA 01040	(800) 274-7724	Detox
Saint Elizabeth's Hospital	Brighton, MA 02135	(617) 789-2574	Detox
Spectrum Weymouth	Weymouth, MA 02190	(781) 331-3709	Detox and TSS
Spectrum Primary Detox	Westborough, MA 01581	(800) 366-7732	Detox
SSTAR*	Fall River, MA 02720	(508) 235-7002	Detox
Veteran's Center for Addiction Program	Bedford, MA 01730	(781) 687-2275	Detox
Veteran's Center for Addiction Treatment	Brockton, 02302	(508) 583-4500	Detox

For a more detailed description of each program and other resources, please visit: www.odprevention.org/treatment

* = treatment for dual diagnosis



Cambridge Health Alliance