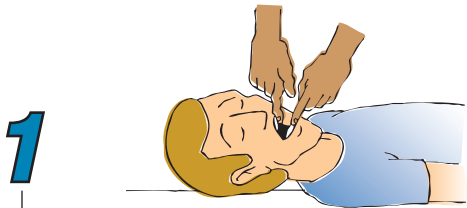


You can save a life today.

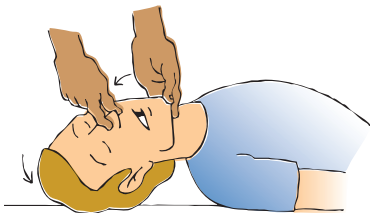
If you suspect someone is overdosing **Call 911 then...**

Perform rescue breathing while waiting for help to arrive.



1

Make sure there is nothing in the mouth.



2

Tilt head back, lift chin and pinch nose.



3

Breathe into mouth once every **5** seconds!

Stay with the person.

If you can not stay, please leave the door open and place them into the recovery position!



(as seen to the right)

Overdose Facts

Overdose Risk Factors

- Using alone
- Mixing drugs such as opioids, benzos, and alcohol
- Reduced tolerance due to weight loss, health issues or period of non-use
- Surviving a past overdose
- Change in drug purity

Recognizing an Opiate Overdose

- Person will not wake up
- No response to yelling
- Blue lips or fingernails
- Clammy cool skin
- Shallow, slow breathing
- Seizures or convulsions
- No response to knuckles being rubbed hard on breast bone or gum line

If you suspect someone is overdosing...

CALL 911!

Use Narcan if you have it.

Don't wait.

Every second counts!



Lowell Health Department

341 Pine Street

Lowell, MA 01851

978-970-4010 Ext. (9) 4304

www.lowellma.gov/depts/health

(6/2011 mfr)

Drug / Alcohol Treatment Center Resource List



Do you or a loved one want help for drug or alcohol abuse?

Now what?

Massachusetts Treatment Centers

Made possible by the MassCALL2 Grant Initiative provided by the Massachusetts Department of Public Health



Where to Find Help for Drug and/or Alcohol Dependence!

Inpatient Detox

AdCare Hospital**

107 Lincoln Street • Worcester, MA
(800) 345-3552 or (800) 252-6465

Community Health*

68 Jaques Ave • Worcester, MA 01810
(508) 860-1200

Institute for Health and Recovery

(Intake for multiple inpatient services
for **adolescents and families with children**)
(617) 661-3991

Spectrum Health Systems* *

154 Oak Street • Westborough, MA
(800) 366-7732

CAB Health and Recovery

(also provides outpatient and
replacement therapy services)
111 Middleton Road • Danvers, MA
(800) 323-2224 or (978) 777-2121

Dimock Detox

41 Dimock Street • Roxbury, MA 02119
(617) 442-9661

SSTAR* *

386 Stanly Street • Fall River, MA 02720
(800) 937-3610 • (508) 324-7763

**door to door transportation provided

*transportation from local train station

*also provides services for pregnant women

Outpatient Detox

AdCare Hospital

107 Lincoln Street
Worcester, MA
(800) 345-3552 or (800) 252-6465

Spectrum Health Systems

(multiple locations)
(800) 464-9555

Caritas NORCAP

(also provides inpatient services)
71 Walnut Street
Foxboro, MA
(800) 331-2900

Veterans Center

200 Springs Road
(also provides inpatient services**)
Bedford, MA
(800) 422-1617 or (781) 687-2347
Urgent care (781) 687-2654

Family & Friends Support

Al-Anon/Alateen

(888) 425-2666 • www.al-anon.org

Learn To Cope

(508) 801-3247 • <http://learn2cope.org>

Narcan Responder Training*

(multiple locations)
(800) 327-5050

*Narcan is a drug that temporarily reverses an opioid overdose

Community Resources

Lowell House Inc.

(outpatient substance abuse services)
555 Merrimack Street
Lowell, MA 01854
(978) 459-8656

MA Substance Abuse Information and Education Helpline

(800) 327-5050
www.helpline-online.com

Narcotics Anonymous (NA) meetings

(automatic line)
(866) 624-3578

Alcoholics Anonymous (AA) meetings

(978) 957-4690

Massachusetts Poison Control Center

(800) 222-1222

Suicide Prevention Hotline (24 hr)

(800) 273-8255
www.suicidepreventionlifeline.org

Replacement Therapy (Methadone)

Habit OPCO
650 Suffolk Street
Lowell, MA 01854
(978) 452-5155

Replacement Therapy (Suboxone)

(Locate a trained prescribing doctor)
(866) 973-4373
www.HereToHelpProgram.com