

A GUIDE TO FAMILY & SOCIAL NETWORK SUPPORT RESOURCES



LEARN TO COPE

- Provides: Peer support and prevention programming that offers education, resources, and hope. Meetings available in Spanish
- Best for: Family members and friends who have loved ones with substance use disorder
- Learn More: In-Person meetings in MA. Virtual Meetings via ZOOM
- Phone: 508-738-5148

MA SUBSTANCE USE HELPLINE



- Provides: Statewide, public resources for finding substance use treatment and recovery and/or a phone number to call for resources
- Best for: People with substance use disorders or with loved ones with substance use disorders
- Learn More: Available 24 hours a day, 7 days a week at 800.327.5050



PARTNERSHIP TO END ADDICTION

- Provides: A helpline for parents and caregivers, online support community, parent coaching, training, education, and prevention
- Best for: Families and individuals who need support with substance use disorders
- Learn More: drugfree.org/
- Phone: Call (212) 841-5200 or text CONNECT to 55753

GETTING NALOXONE FROM A PHARMACY



- Provides: Resources and information on how to get naloxone
- Best for: Community, family members, and individuals wishing to prevent overdose deaths
- Learn More: www.mass.gov/service-details/getting-naloxone-from-a-pharmacy



WJC INTERFACE REFERRAL SERVICE

- Provides: Mental health and wellness referral helpline services for residents of participating communities in MA
- Best for: Anyone looking to be matched with licensed mental health providers
- Learn More: Available Monday through Friday, 9 am-5 pm, at 888-244-6843

SAFE PROJECT



- Provides: Searchable database focused on providing programs, supports, and treatment options
- Best for: Families and friends of people with substance use disorder and/or mental health challenges
- Learn More: www.safeproject.us/safe-treatment-family-support-locator/

NATIONAL ALLIANCE ON MENTAL ILLNESS



FAMILY SUPPORT

- Provides: Family support groups
- Best for: Family members, friends, and other caregivers of people diagnosed with mental health conditions
- Learn More: Various locations across MA, online or conference call, visit namimass.org/nami-family-support-groups/
- Phone: (617) 580-8541

FINDING MENTAL HEALTH PROFESSIONALS



- Provides: Step-by-step plan for finding a mental health professional
- Best for: Anyone looking to locate a mental health provider
- Learn More: www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Finding-a-Mental-Health-Professional
- Phone: NAMI Helpline 800-950-6264

Scan QR code to learn more about support groups, linkage to mental health care, and steps to accessing harm reduction materials.

