

BEHAVIORAL HEALTH RESOURCES

SUBSTANCE USE SUPPORT OPPORTUNITIES

FREE SERVICES

ACCESS TO TREATMENT

- **Massachusetts Substance Use Helpline** - [helplinema.org](https://www.helplinema.org)
 - Statewide public resource for finding substance use treatment and recovery services, 800-327-5050

SUPPORT GROUPS

- **Alcoholics Anonymous** - [aaboston.org/meetings](https://www.aaboston.org/meetings)
 - A fellowship of men and women who have had a drinking problem, 617-426-9444
- **Smart Recovery** - [smartre.org](https://www.smartre.org)
 - Self-Management And Recovery Training (SMART), help resolving problems with any addiction
- **New England Region of Narcotics Anonymous** - [nerna.org](https://www.nerna.org)
 - Recovering addicts who meet regularly to help each other stay clean
- **Marijuana Anonymous of New England** - [newenglandma.org](https://www.newenglandma.org)
 - Helping one another recover from marijuana addiction

SUPPORT GROUPS FOR FAMILIES AFFECTED BY SUBSTANCE USE

- **Learn to Cope** - [learn2cope.org](https://www.learn2cope.org)
 - Support network for family members coping with a loved one addicted to opiates or other drugs
- **Al-Anon and Alateen** - [al-anon.org](https://www.al-anon.org)
 - For families and friends of alcoholics
- **Nar-Anon Family Groups** - [nar-anon.org](https://www.nar-anon.org)
 - 12-Step program for family and friends of addicts

COMMUNITY SUPPORT

Many towns now have Department of Mental Health supported clinicians working along-side local police departments. They work to address the mental health and substance use needs of people coming into contact with law enforcement through crisis intervention and referrals to services. They also offer NARCAN training and distribution. Contact your local police department about their behavioral health clinician.