



A HEALTHY LYNNFIELD

A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.

Our goal is to make local resources known and readily available to those seeking help for themselves or a loved one.

These resources are intended to be a quick list of emergency, treatment, and recovery support options for Lynnfield residents. For a complete listing that includes further breakouts by level and type of treatment service, e.g. detox, recovery homes, medication assisted opiate treatment, etc., please visit www.ahealthylynnfield.org or contact:

PEG SALLADE

*Substance Use Prevention Coordinator
Town of Lynnfield*

781-334-5820 x1130

A Healthy Lynnfield does not endorse specific programs or websites listed in this informational guide.



**FOR LIFE THREATENING
EMERGENCIES SUCH AS AN
OPIATE OR OTHER DRUG OVERDOSE
CALL 911**

**LYNNFIELD POLICE
781.334.3132**

**LYNNFIELD FIRE
781.334.5152**

TREATMENT LOCATORS

The following are state and national sites that help you locate a treatment provider and type of substance use treatment and level of care that is right for you.

MASSACHUSETTS SUBSTANCE USE INFORMATION AND EDUCATION HELPLINE

This service helps you locate the right type of substance use treatment program in Massachusetts.

1-800-327-5050

www.helplinema.org

The following sites allow you to search by city, state and region for treatment programs.

SUBSTANCE ABUSE & MENTAL HEALTH TREATMENT LOCATOR

or call SAMHSA's National Helpline

1-800-662-HELP (4357)

www.findtreatment.samhsa.gov

MASSACHUSETTS BEHAVIORAL HEALTH PARTNERSHIP (MBHP)

If you or a family member are experiencing a mental health or substance use disorder crisis, the MBHP Emergency Services Program/Mobile Crisis Intervention (ESP/MCI) is available **24 hours a day, 7 days a week, 365 days a year**. Anyone may contact ESP/MCI for assistance.

Referral to Local Crisis Response Team

1-877-832-1609

General Information for MassHealth Members

1-800 459-0086

www.masspartnership.com

The Massachusetts Behavioral Health Access (MABHA) website helps you locate openings in mental health and substance use disorder services.

www.mabhaccess.com

PROVIDERS SERVING LYNNFIELD: COUNSELING AND OUTPATIENT SERVICES

RIVERSIDE COMMUNITY CARE, INC. OUTPATIENT CLINIC, LYNNFIELD

Riverside Community Care provides a variety of services for people in the community with behavioral health issues. Services include individual, group, family, and couples counseling as well as psychiatry. Addiction services in the outpatient setting include court mandated treatment. Outpatient services can be delivered in person or via telehealth. Other services include Psychiatric Day Treatment, Horizon House Clubhouse, and Behavioral Treatment Services (Department of Developmental Services contracted).

Outpatient Center @ Lynnfield: 781-246-2010 x 2014

www.riversidecc.org

www.riversidetelecare.org

ELIOT COMMUNITY HUMAN SERVICES, LYNN

Eliot Community Human Services with locations in Lynn, Everett, Concord and Danvers provides twenty-four-hour psychiatric emergency services and crisis stabilization, individual, group and family outpatient counseling, addiction services, in-home therapy, therapeutic mentoring, early intervention services for children, and community outreach and case management to individuals with mental illness. Eliot serves both children and adults.

Psychiatric Emergency Services 24 hrs./7 days

1 (800) 988-1111

For appointments in Lynn: 781-581-4402

www.eliotchs.org

BETH ISRAEL LAHEY HEALTH BEHAVIORAL SERVICES, MULTIPLE LOCATIONS

Lahey has a full spectrum of treatment services including methadone and suboxone treatment, in-patient detoxification, step-down and recovery services, outpatient counseling and more. Danvers, MA

978-968-1700

www.nebhealth.org

MGH CENTER FOR ADDICTION MEDICINE

The West End Clinic offers outpatient substance abuse counseling and counseling for co-occurring disorders. The adolescent program (ARMS) specializes in supporting teens and young adults between the ages of 14 and 26 and their parents as they deal with substance use and related problems.

West End Clinic

617-724-2480

Addiction Recovery Management Service (ARMS)

617-643-4699

www.massgeneral.com

LYNNFIELD PSYCHOLOGICAL ASSOCIATES

Lynnfield Psychological Associates is a multidisciplinary mental health outpatient group practice which services adults, seniors and families within the North Shore.

781-334-2644

www.lynnfieldpsych.com



SUPPORT GROUPS FOR FAMILY AND FRIENDS

These support programs provide information for family members who are struggling with the challenges of having a loved one with a substance use disorder.

ALANON/ALATEEN OF MA

These are mutual support programs for people whose lives have been affected by someone else's drinking.

508-366-0556

www.alanonma.org

FAMILIES ANONYMOUS

This is a 12 Step Fellowship for family and friends of those individuals with Drug, Alcohol or Behavioral issues. We are here to help! 800-736-9805

www.familiesanonymous.org

LEARN TO COPE

Learn To Cope offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs. North Shore meetings are in Salem, Gloucester, Ipswich, and Tewksbury.

(508) 738-5148

www.learn2cope.org

PARENTS HELPING PARENTS

This program provides parent support groups across Massachusetts. PHP also operates the Parental Stress Line that caregivers can call for any issue related to parenting.

1-800-632-8188

www.parentshelpingparents.org

GRASP-GRIEF RECOVERY AFTER SUBSTANCE PASSING

GRASP offers understanding, compassion, and support for those who have lost someone they love through addiction and overdose. (302) 492-7717

www.grasphelp.org

NAR-ANON

This is a 12-step program for family and friends of those with a substance use disorder.

(800) 477-6291

www.nar-anon.org

ALLIES IN RECOVERY

An on-line learning platform for families whose loved one struggles with drugs or alcohol.

www.alliesinrecovery.net/

GRAYKEN CENTER FOR ADDICTION, BOSTON MEDICAL CENTER

Connect with a Parent Specialist from the Partnership to End Addiction

The Helpline has trained and caring master's-level specialists ready to help any parent struggling with a child's drug or alcohol use. They are here to listen, help you find answers and make an action plan.

Receive a response within 24 -48 hours

1-855-378-4373 M-F 9am - midnight ET, Weekends 12pm-5pm ET

Text: CONNECT to 55753

www.bmc.org



RECOVERY SUPPORT PROGRAMS

If you are in recovery and looking for peer support, try one of the following resources.

ALCOHOLICS ANONYMOUS

This is a 12-step group for people in recovery from alcoholism.

Virtual meetings & in person

617-426-9444

Find meetings nearby:

www.aaboston.org

Online Intergroup of AA:

www.aa-intergroup.org

NARCOTICS ANONYMOUS

This program provides support for those attempting to recover from drugs other than just alcohol.

Virtual & In Person meetings

1-866-624-3578 New England Region

www.nerna.org

CELEBRATE RECOVERY @ Calvary Christian Church

Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone struggling with addiction of any kind. Groups include: alcohol abuse, chemical dependency, depression, anxiety, anger, codependency, emotional hurt, and more.

781-592-4722 or email: recovery@lynnfield-ccc.org

www.lynnfield-ccc.org

IN THE ROOMS

This is an on-line Social Network for the recovery community. It is for people already in recovery and their family, friends and allies. There is access to live online recovery meetings weekly.

www.intherooms.com

SELF-MANAGEMENT AND RECOVERY TRAINING (SMART)

SMART Recovery is an abstinence-oriented, religion-neutral approach to addiction recovery support.

440-951-5357

www.smartrecovery.org

HOTLINES

MA POISON CONTROL

1-800-222-1222

SAMARITANS STATEWIDE HOTLINE

Call or Text: 1-877-870-HOPE (4673) • For Youth: (800) 252-8336
www.samaritanshope.org

NATIONAL SUICIDE PREVENTION LIFELINE (24 HOUR)

1-800-273-TALK (8255)

THE TREVOR HELPLINE

866-4-U-TREVOR (488-7386)
Specifically, for Lesbian, Gay, Bisexual and
Transgender youth and young adults
www.thetrevorproject.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

Provides essential tools and support to help survivors of domestic violence
1-800-799-SAFE (7233)
24/7 - 365 days a year
www.thehotline.org

VETERANS CRISIS LINE

Connect with caring, qualified responders with the Department of Veterans Affairs.
Many of them are Veterans themselves.
1-800-273-8255 PRESS 1 • TEXT 838255
www.veteranscrisisline.net

MENTAL HEALTH

INTERFACE

INTERFACE, a mental health resource and referral service for Lynnfield residents. Assists you in finding the right outpatient mental health provider. This is a resource referral line, not a crisis line.

Monday through Friday 9 am - 5 pm
1-888-244-6843
www.interface.williamjames.edu

NAMI

The COMPASS Helpline provides resources and support to help people navigate the mental health system and problem solve in difficult circumstances.

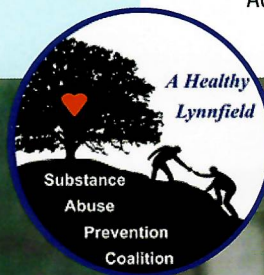
Monday through Friday, 9 am - 5 pm
617-704-6264
www.namimass.org

MINDWISE SCREENING

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

www.ahealthylynnfield.org/mental-health-1

Additional mental health resources can be found at
www.ahealthylynnfield.org



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