



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 Abuse 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 abuse 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 abuse 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)

The MBHP has more than 1,200 behavioral health providers statewide. MBHP manages behavioral health care for MassHealth Members. It also manages a regional Emergency Services Program/ Mobile Crisis Intervention (ESP/MCI) services. The main number will direct you to a behavioral health navigator or put you in touch with the MCI provider in your region. Eliot Human Services is the Mobile Crisis Intervention team serving Lynnfield. See listing for Eliot Human Services.

1-800 459-0086 (Main)

1-877-832-1609 (Referral Line to Local Crisis Team)

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

FOR ADOLESCENTS

MA YOUTH CENTRAL INTAKE (CICC): For free and confidential help with finding the right youth or young adult service or program call: (617) 661-3991 or (866) 705-2807 (toll free)

www.healthrecovery.org

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. Children's Behavioral Health Initiative's In-Home Family Therapy and Therapeutic Mentoring is provided to families. 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 2028

Home Based Services @ Lynnfield: 781-246-2010 x 2056

www.riversidecc.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: 781-581-4403

www.eliotchs.org

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.

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

617-724-7792

ARMS

617-643-4699

www.mghaddictionmedicine.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

These are mutual support programs for people whose lives have been affected by someone else's drinking.
508-366-0556
www.ma-al-anon-alateen.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 for Drug Free Kids for confidential, individualized support for your family.
Text: HOPEMA to 55753 - Receive a response with 24 -48 hours or
Phone: 1-844-319-5999 - M-F: 9 am - 9 pm
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.
617-426-9444
www.aaboston.org
St. Maria Goretti's Church hosts AA meetings on Wednesday evenings

NARCOTICS ANONYMOUS

This program provides support for those attempting to recover from drugs other than just alcohol.
1-866-624-3578 New England
www.nerna.org
Our Lady of Assumption Church hosts NA meetings on Tuesday evenings (7:30 pm - 9:00 pm)

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. Mondays at 6:30 pm.
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.
866-951-5357
www.smartrecovery.org

HOTLINES

MA POISON CONTROL

1-800-222-1222

NATIONAL OPIATE HOTLINE

To talk you through a crisis, provide you with people and places to contact for further help, and to provide information on how to help a friend or family member.

1-877-791-4872

www.drugabuse.com

SUICIDE PREVENTION HOTLINES

SAMARITANS STATEWIDE HOTLINE

Call or Text: 1-877-870-HOPE (4673)

For Youth: (800) 252-8336

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

