

RESOURCES

PHONE LINES:

RI Overdose Prevention Recovery 942-STOP (942-7867)

Licensed Chemical Dependency professionals available to assist you with referrals and recovery information from 9:00 am to 9:00 pm daily. CALL!

Narcotics Anonymous Helpline 1-800-974-0062

New England Regional **866-NA-HELP-U (866-624-3578)**

Southern Rhode Island **461-1110**

Family/Partner Support **1-800-477-6291**

WEBSITES:

www.preventoverdose.ri.gov

www.addictionresource.com

www.bhddh.ri.gov/sections/link_and_resource.php

www.anchorrecovery.org

www.opiateaddictionresource.com/treatment/methadone_clinic_directory/ri_clinics



We're concerned about your next use and the serious danger for you.

1 What can you do right now, to not have that next high?

(Example: I can delete toxic phone numbers from my phone right now, I can stay with a safe friend temporarily, or I can call someone to remove anything toxic that is still at my house, including alcohol)

2 Do you have a non-toxic place where you can sleep tonight?

3 Is there someone safe you can call for a ride and maybe even agree to stay with you?

4 Are you now willing to consider methadone or buprenorphine to help your recovery? If "yes" where have you been in the past?

5 Do you need any help making or getting to your first appointment?

6 Will you be willing to let someone, who has traveled the road you're on, to talk to you or maybe help get you into treatment?
