

## **Crisis & Help Available:**

### **Emergency Crisis Services:**

Provides emergency screenings and placement for individuals in mental health and or substance use emergencies. Behavioral Health Network has a 24 hours access phone number: 1-800-437-5922

### **Substance Use & Recovery Counselors for Youth:**

BHN Valley Human Services  
96 South Street, Ware, MA 01082  
413-967-6241

Griswold Center  
40 Wright Street  
Palmer, MA 01069  
413-370-5285

### **Pharmacies/Narcan Availability:**

The following pharmacies carry Narcan, the antidote to an opioid or heroin overdose. Narcan is available without a prescription by a mechanism called “standing order”. Ask for a Narcan Kit, with instructions on how to use this kit. If you have insurance, there will be a small co-pay. Narcan is free with Mass Health.

All Walgreens

All CVS

All Rite Aid

Athol Family Pharmacy

### **Additional Educational Resources:**

Massachusetts Substance Abuse Info and Education Information  
on youth and adult programs in MA [www.helpline-online.com](http://www.helpline-online.com)  
1-800-327-5050

Learn 2 Cope

Learn 2 Cope is a support organization that offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opiates or other drugs.

[www.learn2cope.org](http://www.learn2cope.org)

### **Helpful Links for talking to your child about substance use:**

“7 Ways to Protect Your Teen From Alcohol and Other Drugs”  
<http://files.hria.org/files/SA1011.pdf>

Underage Drinking Prevention Parent Resources from SAMHSA  
<http://www.samhsa.gov/underage-drinking/parent-resources>

Marijuana Talk Kit: <http://drugfree.org/MJTalkKit/>