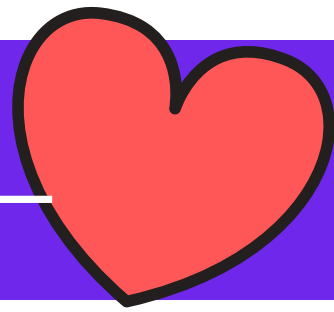


INFORMATION FOR THOSE WHO CARE ABOUT SOMEONE WITH A SUBSTANCE USE DISORDER



IMPORTANT RESOURCES DURING COVID-19

PLEASE



NOTE

If your loved one is at risk of an opioid overdose, **please check to make sure that you have Narcan (intranasal naloxone) on hand.** You can get it for free through the Natick Health Department by calling 508-647-6623 or emailing Natick180@natickma.org. Staff will monitor messages daily and arrange to get Narcan kits to Natick residents as quickly and safely as possible, even while Town Hall is closed.



PHONE & ONLINE RESOURCES



Below are links to online recovery groups and resources that will be updated as more become available. Please note that this list has been gathered from a variety of reliable resources but have not been vetted individually by the Natick Health Department or Natick 180.

Allies in Recovery: Online community for family members and close friends of people who have struggled with substance use. Subscription is free when MA residents enter their zip code when creating an online account.

Al-Anon Family Groups: 12-step support groups with a wide variety of online meetings for families and friends of those who struggle with alcohol use disorder.

Center on Addiction and the Partnership for Drug-Free Kids: Support via text, phone, and/or email with services available in English and Spanish. Available 9:00am-midnight EST weekdays and 12:00-5:00pm EST on weekends. Helpline specialists can also arrange ongoing parent coaching with specially trained parents who have experience loving a child with substance use related challenges.

- Call a Helpline Specialist at 1-855-378-4373
- Text a Helpline Specialist JOIN to 55753
- Email a Helpline Specialist by completing the contact form at www.drugfree.org/email-helpline-specialist

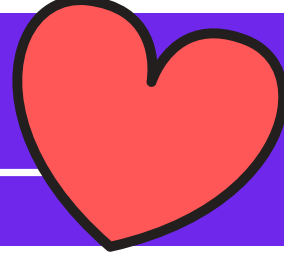
Herren Project Virtual Support Groups: Virtual support groups for parents, spouses, and family members of individuals who struggle with substance use. Facilitated by licensed mental health professionals. All are welcome, and personal speaking/sharing is not required. Must be 18 or older to participate. Variety of days/times available; check website for updated schedule.

Learn to Cope: Peer-led support network for families dealing with addiction and recovery. Online private forum/discussion board is available on the Learn to Cope website.

New England Region Nar-Anon Family Groups: 12-step support groups for families and friends of those who experience drug addiction. Though many meetings have been suspended, contact information is available for individual meetings to determine what online support exists.



INFORMATION FOR THOSE WHO CARE ABOUT SOMEONE WITH A SUBSTANCE USE DISORDER



IMPORTANT RESOURCES DURING COVID-19

- Be kind to yourself and to others. We are in unique times and are all learning as we go.
- You can practice social distancing (ie, only leaving home for essential tasks like grocery shopping, remaining 6 feet away from others) without becoming socially isolated. Stay in touch with family and friends through phone calls, texting and social media. Make plans to check-in with each other regularly.
- Try a phone or online support group meeting. Check out the list we've compiled and try out a few to find the ones that you like best.
- If you're not sick, get outside! Nature and sunlight are good for our health and well-being, and even a 5-10 minute walk can be restorative. Just be sure to stay at least 6 feet away from other people, limit physical contact with surfaces that other people touch, and wash or sanitize hands often.



- Create a new daily schedule to help you keep your physical and mental health strong. Routines are grounding and can provide us some predictability as we face challenging times.

- Make sure to get regular sleep, physical exercise and nutrition. These are critical to taking care of our mental health and our immune systems.
- If you require assistance with food or housing, contact the Natick Human Services Department at 508-647-6542 or the Natick Service Council at 508-655-1791. Both are assisting Natick residents by phone. You can also call 2-1-1 or go to www.mass211.org for assistance by phone or online chat.



- Catch up on some reading! Check out e-books online through the Morse Institute Library.

- If you have existing health concerns, please take care of yourself and take extra precautions to protect against exposure to COVID-19. Those who have compromised immune systems are more vulnerable to COVID-19's health effects.
- For more information about COVID-19 testing or referrals for assistance for food, employment, and other basic needs, dial 2-1-1 or go to www.mass211.org. Mass 211 offers free, multilingual services by phone and via online chat.