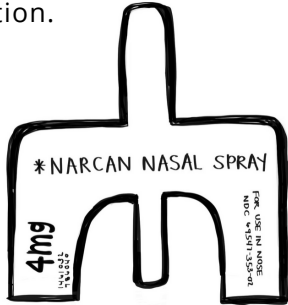


# Harm Reduction

**Are you or is someone you know using drugs?**

You can call Never Use Alone at (800) 484-3731 to have an operator stay on the line while you use. If you do not respond after a set amount of time after you've used, the operator will notify emergency services of your location.



**How to get narcan**

**Call or visit** your local Syringe Service Program

**Call or visit** your local pharmacy

# Mental Health

**Anxious about Coronavirus?**

text HOME to 741741

**Are you feeling suicidal?**

Call the National Suicide Prevention Hotline: 800-273-TALK (8255)

**Are you feeling unsafe in a domestic violence situation?**

Call the National Domestic Violence Hotline: 1-800-799-7233 or Text LOVEIS to 22522

# Substance Use Disorder

**Interested in getting on Medication for Opioid Use Disorder?**

Contact your local OBAT (Office Based Addiction Treatment) Provider

**You can also call these numbers for a direct buprenorphine/suboxone assessment:**

M-F 8am-6pm

Call or Text: Susan Dickerman

**857-326-3285**

After Hours:

Call Colleen LaBelle

**617-797-6712**

**Looking for detox or other recovery supports?**

Call the SAMHSA National Helpline at 1-800-662-4357

Call the Health Resource in Action Massachusetts Helpline at 800-327-5050

Talk with your local Syringe Service Program

**AA and NA Meetings (phone)**

**AA:** "Pause A While" is hosting free conference calls for AA meetings at 2pm every day

Dial in number: **425-436-6360**

Access Code: **422932**

**NA:** 24/7 Phone Meetings

Dial In Number: **712-770-5326**

Access Code: **499271#**

# COVID-19 Resources



What is it?

Where can I access resources?

How can I engage in care and harm reduction?

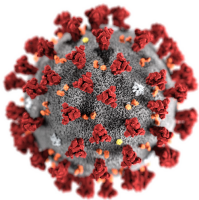
# COVID-19 (AKA Coronavirus)

## What is it?

Coronavirus disease (COVID-19) is an infectious disease that causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing.

## How does it spread?

Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.



## How can I prevent it?

There is currently no vaccine for COVID-19. The best way to prevent the spread of COVID-19 is to clean your hands as much as possible, avoid touching your eyes, nose, and mouth, avoid close contact with others (maintain six foot distance), cover coughs and sneezes, and wear a facemask if you are sick.

## What are the symptoms?

Fever, Cough, Shortness of breath  
You should get medical attention immediately if you experience: Trouble breathing, Persistent pain or pressure in the chest, New confusion or inability to arouse, Bluish lips or face.



# Housing

## Are you facing homelessness?

If you are pregnant or have children, call Department of Housing and Community Development (DHCD) **(866) 584-0653** to speak with a Homeless Coordinator. If you are a single adult, contact your local shelter or call DHCD Constituent Services at **(617) 573-1377**

## Can't afford rent or facing eviction?

There is a Temporary Moratorium to Court Operations, which means courts are closed and all non-emergency court events will be rescheduled after May 4, 2020. **If your landlord does not have permission from a court, it is illegal for them to evict you.** If you are living in a sober home, same rights as any other tenant in the state of Massachusetts and you cannot be evicted without a written order from a judge.

# Food and Income

## Are you looking for food?

Call Project Bread's FoodSource Hotline at **1-800-645-8333** to **find your local food pantry and apply for SNAP benefits** over the phone. Call Monday-Friday, 8:00 a.m. to 7:00 p.m. and Saturdays 10:00 a.m. to 2:00 p.m. Available in 160 languages.



## Have you lost your job?

You can file for unemployment benefits by calling the TeleClaim Center (8:30 a.m.–4:30 p.m. Monday–Friday). Call **(877) 626-6800** from local area codes or (617) 626-6800 from any other area code. You will need your W-2 form or your 1099 to apply for unemployment benefits. If you do not have this, you can call the IRS at 1-800-829-1040 (7 a.m. to 7 p.m., Monday-Friday) for assistance.