

Substance use addiction and opioid overdoses have increased across the United States in recent years. These increases have been felt throughout Massachusetts and across Cape Cod. Addiction knows no boundaries – it doesn't consider the color of our skin or the balance of a bank account. It can affect anyone. And it affects every community.

But there is hope.

There is hope in treatment and recovery. There is hope in prevention and awareness. And above all else, there is hope because our community cares and comes together.

Concerned about yourself
or someone else?

Would you like to learn more about
addiction and how you can help
make a difference on Cape Cod?

**Massachusetts Substance Abuse
Information and Education Helpline**

800-327-5050 (confidential)
www.helpline-online.com

**Barnstable County Behavioral
Health Service Directory**

Offers a complete listing of local resources
tinyurl.com/Cape-Cod-Service-Directory

**Substance Use Resources
and Information for Cape Cod**

tinyurl.com/Cape-Cod-Resources

**Cape Cod Healthcare
Center for Behavioral Health**

tinyurl.com/Cape-Cod-Behavioral-Health

Gosnold on Cape Cod

www.gosnold.org

Learn to Cope

www.learn2cope.org

Parents Supporting Parents

tinyurl.com/Parents-Supporting-Parents-FB

Opioid Overdose Education/Naloxone Training

*Naloxone can temporarily reverse the effects
of an opiate overdose*

Trainings and distribution provided by:

- AIDS Support Group of Cape Cod (free) – www.asgcc.org
- Learn to Cope (free) – www.learn2cope.org
- Walgreens and CVS (cost based on insurance – no prescription needed, call ahead)

**National Institute
on Drug Abuse**

www.drugabuse.gov

**Substance Abuse and Mental
Health Services Administration**

www.samhsa.gov

**Massachusetts Opioid Addiction
State Initiative**

www.mass.gov/StopAddiction

**Regional Substance Abuse Council
E-Newsletter Sign-Up**

tinyurl.com/RSAC-Newsletter



**Barnstable County
Regional Substance Abuse Council**

3195 Main Street, P.O. Box 427
Barnstable, MA 02630
508-375-6628
508-362-5855 (TTY)

tinyurl.com/Substance-Abuse-Council
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