

FAMILY SUPPORT AND INFORMATION

Free, peer-led meetings based on 12 Steps of Recovery.

NAR-ANON

Primarily for those who know or have known a feeling of desperation concerning the addiction of someone near to them
info@naranonnassauli.org

AL-ANON / ALATEEN

Support groups for adults and teens who are worried about someone with a drinking problem
(516) 433-8003
www.alanon-nassau-ny.org

FAMILIES ANONYMOUS

Provides support for family members and friends of those with a current, suspected or former drug problem
www.familiesanonymous.org

DEADLY FACTS



Fentanyl, a powerful synthetic opioid, is increasingly being mixed with heroin, cocaine, Xanax, oxycodone, and other illicit drugs - often without the users' knowledge. Fentanyl related overdose deaths in Nassau County tripled from 22 to 67, from 2015 to 2016. In the first three months of 2017, at least 9 people in Nassau died from a mix of Fentanyl and cocaine. Last year, there were 190 opioid related deaths in Nassau County and about 330 in Suffolk County. That's an average of at least one Long Islander a day

RESOURCES

Nassau County 24/7 HELPLine
for info & referrals
(516) 227-TALK

L.I.C.A.D.D. 24/7 Hotline
for info & referrals
1 (631) 979-1700

Nassau County Office
of Mental Health,
Chemical Dependency and
Developmental Disabilities Services
1 (516) 227-7057

National Suicide Prevention Lifeline
1 (800) 273-TALK

Long Island Crisis Center
24/7 crisis hotline (call or text)
(516) 679-1111

NASSAU COUNTY 24/7 HELPLINE

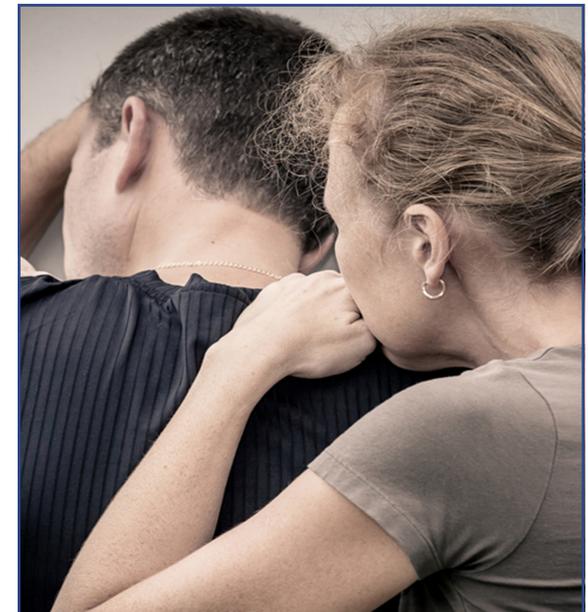


LAURA CURRAN
NASSAU COUNTY EXECUTIVE



PATRICK J. RYDER
COMMISSIONER

WHAT TO DO NEXT



**How to Help
Your Loved One
After They've Overdosed**

WHEN A LOVED ONE OVERDOSES

*Your loved one was just saved from a potentially fatal overdose - and is hopefully on the way to a hospital ER... **NOW WHAT?***

He or she could be discharged from the hospital in 2-3 hours, and may try to use the drug again to avoid painful withdrawal symptoms. Overdose can re-occur.

Nassau County's FREE Naloxone Training for 18+:

www.nassaucountyny.gov/overdose

NYS Opioid Overdose Prevention Programs:

www.health.ny.gov

Naloxone (Narcan®) is the antidote to an opioid overdose. It can be kept at home and administered intra-nasally by non-medically trained civilians. **Always CALL 911 before administering Naloxone.**

Over-the-counter Naloxone can be purchased at CVS or Walgreens through health insurance coverage. Go to www.health.ny.gov to find nearby pharmacies that sell Naloxone.

NUMC

The Nassau University Medical Center (NUMC) Detox Unit helps people safely withdraw from alcohol, opiates and other addictive drugs - over 3-5 days. NUMC rehab offers long-acting Naltrexone for those who complete their 28 day program.

For intake, call **(516) 572-6394** or **(516) 296-3256** from 7:00am-3:00pm, Sunday-Thursday. In case of emergency, go to the NUMC ER. For ambulatory detox, call CSEDNY Hempstead at **(516) 481-0052, ext. 10**, or Mercy Family Counseling in Garden City **(516) 705-3400**.

MEDICATION ASSISTED TREATMENT

Nassau County's Opioid Treatment Program – at Building K, NUMC in East Meadow offers:

Methadone and Suboxone: Daily opiate-based medications that reduce cravings and unpleasant withdrawal symptoms by binding to opiate receptors in the brain. Call **(516) 572-5801** or **(516) 572-5906** between 7:00am-11:00am, Monday- Friday.

To find Methadone and Suboxone treatment programs in your area visit www.oasas.ny.gov.

Long Acting Naltrexone (Vivitrol®): non-opiate medication given in monthly injection, blocks the opioid receptors in the brain for about 28 days. Go to www.nassaucountyny.gov/shotatlife for a list of Vivitrol providers.

A Shot at Life

**NASSAU COUNTY'S
VIVITROL EDUCATION
AND SUPPORT GROUP**

**Every Tuesday Night
7:00pm - 9:00pm**

**St Bernard's Parish School
Room #206 • 3100 Hempstead Turnpike
Levittown, NY 11756**

CRISIS STABILIZATION



Maryhaven Center of Hope

Catholic Health Services

At the heart of health

NEW HOPE in Freeport offers those revived from an overdose, residency in a therapeutic setting, until they're stabilized. They provide transportation from the ER to the facility, 24/7, and medically assisted treatment is offered. Trained staff helps prepare clients for the next step of the recovery process. Call their 24/7 line at **(516) 546-7070**.

12 STEP RECOVERY

It's based on the premise that people can help one another achieve and maintain abstinence from SUD, and find a new way to live through the principles of honesty, open-mindedness and willingness.

For meeting times and locations, visit or call:

NARCOTICS ANONYMOUS

(516) 827-9500 or www.nassauna.org

ALCOHOLICS ANONYMOUS

(516) 292-3040 or www.nassauny-aa.org

OTHER TREATMENT OPTIONS

Outpatient Counseling: for a listing of NYS Licensed Substance Abuse Counseling/ Treatment Agencies, visit nassaualliance.org or heroinprevention.com or speak to a treatment professional on this 24/7 line: **(516) 481-4000**

Inpatient Rehabilitation: offered at NUMC. **(516) 572-9402**. For rehabs in Suffolk and Queens, visit www.heroinprevention.com