



HOW CAN WE HELP?

OPIOID RECOVERY PROGRAM

OUR MISSION:

To work together across our communities toward solutions to reduce harm from opioids.

Do you or any person in your life have a substance use disorder?

Do you feel alone in trying to handle this challenge?

What might recovery look like to you?

What do you or your loved ones need to be safe?

Services the North Central District Health Department offers:

- Overdose education & Naloxone training
- Harm reduction* materials
 - Naloxone (Narcan)
 - Substance testing strips (Fentanyl & Xylazine)

Additional services offered through the resources listed on the back:

- Peer support/recovery coach services
- Connections to community support groups, services and treatment programs (For individuals and friends/family)



NCDHD Website

**Harm reduction helps people who use drugs avoid negative effects, like infection or overdose. But it's also more than that. In addition, "many understand harm reduction as a way to meet people where they are with kindness and respect."*

NATIONAL INSTITUTES OF HEALTH

You are not alone. For more information, contact the North Central District Health Department (NCDHD) at (860) 745-0383 or email: informationrequests@ncdhd.org

ADDITIONAL RESOURCES:



Call or text
9-8-8



NAMI - CT offers support groups for loved ones of those with mental health or substance use challenges.
www.namict.org



For information about Wheeler's mental health, addiction or primary care services, call the Navigation Center: 888.793.3500



If you or a loved one is struggling, you are not alone.
www.liveloud.org



Connecticut Community for Addiction & Recovery offers supportive programs & resources.
www.ccar.us



Department of Mental Health and
Addiction Services
24/7 Access Line 1-800-563-4086



Narcotics Anonymous for
information & meeting
locator:
www.na.org/meetingsearch
or call 800.627.3543

