

PATIENT RESOURCE HANDOUT

This handout provides resources for patients who are prescribed certain medications classified as “controlled substances” and have lost access to their health care provider. Some resources may not be applicable to all patients. This information may be helpful now, or in the future, as you identify and navigate your health care needs.

Where can I get help if I am experiencing a behavioral health emergency? If you are in crisis, please call the Maine Crisis Line (MCL) by dialing 1-888-568-1112. This service is anonymous, confidential, and available 24/7. You will be connected to a trained behavioral health specialist in Maine who can get you immediate support.

Where can I go for pain management services? If you are seeking primary care services and would like a new provider, please call your health insurance carrier’s Member Services line (located on the back of your health insurance card.) Your local hospital-based primary care practice can help you find a provider via its Physician Referral Line. You may also be able to access low-cost primary care services available from a Federally Qualified Health Center (FQHC) in your area. To find an FQHC near you, please visit: <https://data.hrsa.gov/data/reports/datagrid?gridName=FQHCs>

Where can I go for treatment or intervention services? Maine Treatment Connection is an online service locator tool for people looking for substance use and mental health treatment providers. You can access Maine Treatment Connection at www.treatmentconnection.com . If you do not have access to the internet, you can also call Maine’s Service Directory and Assistance Program by dialing 211.

Where can I access naloxone (also known as Narcan)? If you or someone you know is worried about overdosing, you can obtain naloxone free of charge at harm reduction agencies across the state. To find an organization distributing free naloxone in your area, please visit: www.getmainenalozone.org Most pharmacy chains operating in Maine offer access naloxone without a prescription via a statewide “standing order”; just ask the pharmacist for a naloxone kit (typical cost is \$30-\$60.) You may also request a prescription for naloxone from one of your health care providers. Many health insurance plans cover all or most of the cost of naloxone if you have a prescription.

Where can I find recovery support services? You may be interested in connecting with a person who can provide support to you. To connect with your local OPTIONS liaison, please visit <https://knowyouroptions.me/about-options/> . To explore recovery support services in your county, please visit www.knowyouroptions.me/resources .

Other Resources

- 211 and 211maine.org: Provides general information, including how to access behavioral health and social service resources
- 988 Suicide & Crisis Lifeline: Call or text 988 or chat 988lifeline.org, a national suicide and behavioral health crisis hotline.