Steps to Recovery

Allegheny County Resources
How to protect yourself if you’re using:

- Don’t use alone
- Use clean needles
- Know the substance
- Carry Narcan

How to respond to an overdose:

- Call 911
- Administer Narcan
- If needed, perform CPR/Rescue Breathing
- If no response, administer 2nd dose
- Stay with that person until help arrives

What is Narcan:

An antidote used to reverse an opioid overdose

Where can I get Narcan:

- Type this into your browser: tinyURL.com/achdnarcan
  We will email instructions after request is made
- Any resident of PA can legally purchase Narcan at any pharmacy
  With or without insurance
- Call 412-687-ACHD (2243) if a pharmacy near you doesn’t carry it
Resources

Having a Crisis:

- Call 911 any time someone is threatening to harm themselves or someone else
- Resolve Crisis Services
  1-888-7-YOU-CAN
  (1-888-796-8226)
  24/7/365 days a year telephone, walk-in, mobile crisis service for individuals at risk for harm to self or others.

Syringe Services:

- Prevention Point Pittsburgh
  www.pppgh.org
  412-247-3404
  Syringe services, wound care, and case management for people who use drugs
- Central Outreach Wellness Center
  www.centraloutreach.com
  412-322-4151
  Harm reduction, health care, syringe services, Hep C/HIV testing

Recovery Support Services:

- Onala Recovery Center
  www.onala.org
  412-566-9220
  Peer recovery support services twelve step meetings
- Message Carriers of Pa. Inc.
  www.messagecarriersofpennsylvania.org
  412-361-0142
  After Hours Recovery Support Hotline
  412-463-7006 (5pm-12am)
  Provides recovery support for individuals and families
- Mon-Yough
  www.mycs.org
  412-346-9937
  Provides outreach in the Mon Valley area
Resources

Homelessness Services:
- Bridge to the Mountains
  www.bridgetothemountains.org
  Assists those living on the streets in accessing and navigating resources
- Operation Safety Net
  www.pittsburghmercy.org/homeless-services
  Meets people where they are to provide medical care, housing, transportation, and M.A.T services
- BigBurgh
  www.bigburgh.com
  Virtual hub to help navigate services in Pittsburgh
- The Open Door
  www.opendoorhousing.org
  Harm reduction and housing first model for homeless living with HIV

Housing:
- Allegheny Links
  1-866-730-2368

Transportation:
- Traveler’s Aid
  www.travelersaidpgh.org
  412-281-5474
- Medical Asst Transportation Program (MATP)
  www.matp.pa.gov
  412-350-4476

Employment:
- Office of Vocational Rehabilitation (OVR)
  www.dli.pa.gov
  412-392-4950
- Career Links
  www.careerlinkpittsburgh.com
  412-522-7100

To dispose of unused prescription or Illicit drugs:
- Project D.U.M.P.
  412-459-5000
Medication Assisted Treatment (M.A.T.)

Call any one of The Centers of Excellence:

• Gateway 412-604-8900 ext. 1191
  Suboxone and Vivitrol
  peer recovery support

• Tadiso, Inc 412-322-8415
  Methadone, Suboxone & Vivitrol
  case management

• Magee Women’s Hospital of UPMC
  412-642-1211
  Pregnant women Suboxone services

• UPMC Center for Opioid Recovery
  412-737-7871
  Suboxone and Vivitrol services
  peer recovery support services

• AHN Center for Inclusion Health
  412-359-4644
  Methadone, Suboxone, Vivitrol
  services and care team services

• The Addiction Medicine Center at
  Western Psych
  412-692-2273
  Methadone, Suboxone, Vivitrol
  outpatient medical detox

Or Call:

• Squirrel Hill Health Center
  412-422-7442
  Suboxone services
  2 locations (Squirrel Hill & Brentwood)

• Latterman Family Health Center
  412-673-5504
  Suboxone and Vivitrol
  McKeesport location
Drug & Alcohol Treatment

Call PA Get Help Now hotline at 1-800-662-HELP (4357) or www.apps.ddap.pa.gov/gethelpnow

• Uninsured?
  Allegheny County Drug & Alcohol Services
  412-350-3328 (M-F 8:30-4:30)

• On Medical Assistance?
  Community Care Behavioral Health
  1-800-553-7499 www.ccbh.com

• Other Insurance?
  Call the number on the back of the insurance card

Provided by the Allegheny County Health Department
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