Patient Resource Handout

This resource provides an overview of options for patients who are prescribed a medication and have lost access to their healthcare provider. Some resources promoted below may not be applicable to all patients.

Where can I go for my healthcare? If you have a primary care provider, contact them immediately to discuss next steps in care. If you do not have a primary care provider or if they are unable to provide the type of care you are seeking, find a provider by calling the number on the back of your health insurance card or check your insurer's website for in-network providers. If you do not have insurance, you may find a community healthcare provider at a health center near you. Visit findahealthcenter.hrsa.gov. Please be aware, a new provider may recommend a new treatment plan.

Where can I go for treatment and support?

988 is the nationwide 3-digit dialing code for mental health crisis and suicide prevention. Compassionate, accessible care and support is available for anyone experiencing mental health-related distress, thoughts of suicide, or a mental health crisis. **ReachNJ** is a 24-7 hotline where people who have substance use disorder (SUD) or friends and family of people with SUD can get immediate assistance and support from live, New Jersey-based, trained addiction counselors. **Call 1-844-ReachNJ (1- 844-732-2465).**

Some patients who lose access to their medications and are unable to access care may try to obtain medications from an illicit source.

It is important to know that any pill that is not obtained directly from a pharmacy may contain fentanyl.

Fentanyl is a powerful opioid, which can increase the risk of a fatal overdose. You can reduce your risk by carrying naloxone (the medication that reverses opioid overdoses) or by using fentanyl test strips.

Where can I obtain naloxone (a.k.a., Narcan)? NJ residents can obtain naloxone freely and anonymously at participating pharmacies. Information and locations are available at https://nj.gov/humanservices/stopoverdoses/.

Additionally, the New Jersey Harm Reduction Coalition mails naloxone kits and fentanyl test strips freely and anonymously to anyone in need, regardless of insurance status. **Text or call 1-877-4NARCAN or visit** www.nextdistro.org/newjersey.

Benzodiazepines: Benzodiazepines are medications that slow down your nervous system. These medications are often prescribed to relieve anxiety or to treat muscle spasms and seizures. Common brand-name benzodiazepines include Valium, Xanax, Ativan, and Klonopin. These medications can have risks, such as addiction, forgetfulness, and overdose.

Abruptly stopping use of benzodiazepines can lead to life-threatening withdrawal symptoms, including anxiety, tremors, irritability, insomnia, nausea/vomiting, heart palpitations, seizures, and hallucinations.

If you are experiencing symptoms of withdrawal, seek immediate medical care by calling 911 or going to your local emergency department. You may also call 1-844-ReachNJ to be connected to a treatment provider who can help manage withdrawal symptoms.

Opioids: Opioids are a class of substances that reduce pain. Opioids can be prescribed by doctors or obtained illicitly. While they are effective in relieving pain, there are risks of opioid use, such as addiction and overdose. Common opioids include morphine, oxycodone, fentanyl, and heroin.

There are effective medications that can be used to treat opioid use disorder and dependency, such as buprenorphine and methadone. Call 1-844-ReachNJ to be connected to a treatment provider who can provide these medications.