



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 will be available for anyone experiencing mental health-related distress, thoughts of suicide, a mental health or substance use crisis. ReachNJ is a 24-hour-a-day, 7 day-a-week 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).

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/>. Naloxone is a lifesaving medicine that can reverse an opioid overdose.

Additionally, the New Jersey Harm Reduction Coalition (NJHRC) 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 depressant medications that produce sedation and hypnosis, relieve anxiety and muscle spasms, and

can also reduce seizures. Common brand-name benzodiazepines include Valium, Xanax, Ativan, and Klonopin. Tolerance and dependency to benzodiazepines can develop with frequent use.

Abruptly stopping use of benzodiazepines can lead to mild, severe, or even life-threatening withdrawal symptoms, including:

- Anxiety
- Tremors
- Irritability
- Insomnia
- Nausea/Vomiting
- Heart Palpitations
- Seizures
- Hallucinations
- Death

Some patients who lose access to their medications and are unable to access care may try to obtain benzodiazepines 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.

Resources for treating benzodiazepine withdrawal: If you are experiencing symptoms of withdrawal, it is important to seek medical care. Local resources, with walk-in availability, include:

Saint Clare's Behavioral Health – Boonton
130 Powerville Road
Boonton Township, NJ 07005
973-316-1846

Summit Oaks Hospital - Walk-in Detox Program
19 Prospect Street, Summit, NJ 07902
800-753-5223

St. Joseph's University Medical Center
703 Main Street
Paterson, NJ 07503
(603) 882-3000