

Is Someone You Know or Love Struggling with Opioid Use?



Help, Hope,
and Recovery
Begins Here...

Resources for Help with Opiates

- | | |
|--|--------------|
| 1. MAT Team: Medication Assisted Treatment | 802.888.6009 |
| 2. North Central Vermont Recovery Center:
For individuals and family members looking for recovery support and resources. | 802.851.8120 |
| 3. LHP Behavioral Health: Substance Use and Mental Health Counseling. | 802.888.8320 |
| 4. Vermont CARES: Harm reduction support and supplies. | 802.309.7288 |
| 5. Health Department: For information and referral to community resources. | 802.888.2581 |

Emergency Resources

- | | |
|---|--------------|
| Copley Hospital ER: For medical emergencies | 911 |
| Lamoille County Mental Health: <i>(Ask to page Crisis Team or Emergency Services)</i>
For mental health emergencies – nights, weekends, and holidays. | 802.888.8888 |



Are you Looking to
Support a Loved One?

Visit:
lamoillemat.org/families



5 Ways to Treat or Manage Pain Without a Prescription.

Ask your doctor to see if any of these may be a good strategy to help you feel better!

- 1) Explore and treat the underlying condition causing pain. Often we just treat symptoms without getting to the bottom of what is causing the pain.
- 2) Use a non-opioid over the counter rotation such as Tylenol and Advil. In most cases this is just as effective.
- 3) Try physical therapy and other strength and mobility oriented treatments. Some conditions can be all but cured with PT, yoga/pilates/etc., when targeted by a skilled professional and when people continue the management plan after the initial response.
- 4). Meditation and mindfulness. Mindfulness-based approaches can significantly diminish experience and tolerance of persistent pain.
- 5) Identify and treat underlying contributing mental illness, like PTSD, depression, etc., which can worsen the experience of pain symptoms.

Check in with your doctor to see if this might be the right path for you.



This poster provided by Healthy Lamoille Valley and the Upstream Lamoille workgroup. To get additional copies or to find out more email: info@healthylamoillevalley.org

May 2022