

A man with long dreadlocks, a beard, and a baseball cap sits on a brick ledge on the left. He is wearing a blue patterned t-shirt and dark pants. A woman with her hair in a bun sits on the ledge on the right. She is wearing a black top and a black skirt with white polka dots. They are in front of a brick wall with colorful graffiti. The scene is lit with bright, natural light.

Steps of 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
- To request Overdose Prevention training, please visit: www.tinyurl/ACHD-training

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 services for individuals at risk for harm to self or others.

Syringe Services:

- Prevention Point Pittsburgh
www.pppgh.org for site locations
412-247-3404
Syringe services, wound care, basic medical services and case management for people who use drugs.

Recovery Support Services:

- Onala Recovery Center
www.onala.org
412-566-9220
Peer Recovery Support services,
12 Step meetings
- Holy Family Institute
FamilyRecoveryServices@hfi-pgh.org
412-766-9020 ext. 1456
Services are intended to promote growth, wellness and support for individuals with Opioid Use Disorder and/or their family members.
- Mon-Yough
www.mycs.org
412-346-9937
Provides outreach in the Mon Valley area

Housing:

- Allegheny Links
1-866-730-2368

Homelessness Services:

- Bridge Outreach
www.bridgetothemountains.org
Assists those living on the streets in accessing and navigating resources.

Resources

Homelessness Services (continued):

- **AHN-Center for Inclusion Health**
<https://www.ahn.org/services/medicine/center-for-inclusion-health>
412-260-2397
Offer an array of services including Street Outreach and MOUD
- **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

Transportation:

- **Traveler's Aid**
www.travelersaidpgh.org
412-281-5474
- **Medical Asst Transportation Program**
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

LGBTQIA+:

- **Central Outreach Wellness Center**
412-322-4151
- **Allies for Health + Wellbeing**
412-345-7456
- **Persad Center**
412-441-9786
- **SisTers PGH**
412-297-0548

Medication for Opioid Use Disorder (MOUD)

- **The Addiction Medicine Center at Western Psych**
412-692-2273
Methadone, Suboxone, Vivitrol and outpatient medical detox
- **AHN Center for Inclusion Health**
412-359-4644
Suboxone, Vivitrol and care team services
- **Gateway**
412-604-8900 ext. 1191
Suboxone, Vivitrol and Peer Recovery services
- **Jade Wellness**
412-380-0100
Suboxone, Vivitrol and Peer Recovery services
- **Latterman Family Health Center**
412-496-4330
Sublocade, Suboxone and Vivitrol
- **Magee Women's Hospital of UPMC**
412-641-1211
Pregnant & Non Pregnant women's Suboxone and Vivitrol services
- **Squirrel Hill Health Center**
412-422-7442
Suboxone services
2 locations (Squirrel Hill & Brentwood)
- **Tadiso, Inc.**
412-322-8415
Methadone, Suboxone, Vivitrol and Case Management services
- **For a full list of the Centers of Excellence visit:**
<https://www.dhs.pa.gov/Services/Assistance/Pages/Centers-of-Excellence.aspx>

Drug & Alcohol Treatment

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

Pathway to Care and Recovery

Open 365/24/7

412-325-7550

Walk In: 326 Third Avenue, Pittsburgh, PA 15222

- **Uninsured?**

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

- **On Medical Assistance?**

Community Care and 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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