



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

Patients Prescribed Opioids (e.g. oxycodone) or Benzodiazepines (e.g. alprazolam)

- If you have a primary care provider, contact them to discuss next steps in care.
- If you do not have a primary care provider or if they are unable to provide care, 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 health care provider at a Health Center near you. Visit findahealthcenter.hrsa.gov.
- Please note, a new provider may recommend a new treatment plan.

Patients Prescribed Buprenorphine (Suboxone or Subutex)

- If you have health insurance, you may call the number on the back of your health insurance card or check your insurer's website for in-network providers.
- Or, search online for providers who may prescribe buprenorphine. Visit treatmentatlas.org.
- Patients who are prescribed buprenorphine as part of the treatment for opioid use disorder may also visit ddap.pa.gov for more resources and information.
- An X-waiver is no longer needed to prescribed buprenorphine for patients with opioid use disorder. Talk to your primary care provider about next steps.

Other Treatment Resources

Substance Abuse and Mental Health Services Administration (SAMHSA) offers confidential and anonymous access to a comprehensive list of certified substance use and mental health treatment facilities, certified community behavioral health clinics, opioid treatment programs, buprenorphine practitioners, and health care centers. Visit findtreatment.gov.

Get Help Now

24/7 help is always available for anyone who is battling a substance use disorder.



Call **1.800.662.4357**



Or, text **717.216.0905**

Patient Advocacy Program

The Patient Advocacy Program is available to help patients decide on next steps.

Email ra-dh-advocacy@pa.gov or call **844.377.7367 (option 3)** Monday through Friday 8:00 AM to 4:00 PM.

Find more resources online at bit.ly/patientadvocacyPA.

If someone takes drugs and is not breathing, call 911 and administer naloxone. Perform rescue breaths until the person begins breathing on their own. If the person is not breathing on their own after 2-3 minutes, administer a second dose of naloxone and continue rescue breaths.

You are not alone.

If you are feeling overwhelmed or are having trouble coping, call the National Suicide Prevention Lifeline by dialing 988.