

## WHERE CAN I GET HELP?

### Local Resources

- Allegany County Health Department Behavioral Health Services:
  - Outpatient Addictions Program: 301-759-5050
  - Buprenorphine Program: 301-759-5050
  - Massie Unit (Adult Inpatient Program): 301-777-2285
  - Jackson Unit (Adolescent Inpatient Program): 301-777-2290
  - Overdose Response Program – Naloxone/Narcan: 301-759-5050
- Western Maryland Health System:
  - WMHS Inpatient Behavioral Health Unit: 240-964-2200
  - WMHS Crisis Services: 240-964-1399
  - WMHS Buprenorphine Clinic: 240-964-8585
  - WMHS Emergency Room: 240-964-1200
- Alternative Drug & Alcohol Counseling (ADAC): 301-729-0340
- Potomac Behavioral & Occupational Therapy: 240-362-7444
- Main Place Treatment Center: 240-575-1342

### Resources (Cont.)

- Cumberland Comprehensive Treatment Center: 301-687-0940
- Western Maryland Recovery Services: 301-724-1144
- Donna Rice Counseling Services: 301-722-5500
- Narcotics Anonymous: 1-800-777-1515
- Alcoholics Anonymous 24hr Answering Service: 301-722-6110
- Al-Anon: 1-888-425-2666
- Nar-Anon: 240-580-0446
- Maryland Crisis Hotline Substance Use Disorder (SUD) Service (24/7): 1-800-422-0009

Domestic Violence—Family Crisis Resource Center: (301) 759-9244

### TIPLINE

Crime Solvers Tip Line : 301-722-4300

[www.allegany-mineralcountycrimesolvers.com](http://www.allegany-mineralcountycrimesolvers.com)

*Help is only a phone call away...*



### Websites

- [www.prescribexchangeallegany.org](http://www.prescribexchangeallegany.org)
- [www.alleganyhealthdept.com](http://www.alleganyhealthdept.com)
- [www.wmhs.com](http://www.wmhs.com)
- <http://al-anon.alateen.org> (Alateen)
- <http://al-anon.org> (Al-Anon)
- [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) (Alcoholics Anonymous)
- [www.drugabuse.gov](http://www.drugabuse.gov) (The National Institute on Drug Abuse)
- [www.health.org](http://www.health.org) The National Clearinghouse for Alcohol & Drug Information)
- <http://bha.dhmdh.md.gov> (Maryland Behavioral Health Administration)
- <http://www.gatewaytofreedomna.org> (Narcotics Anonymous)
- <http://niaaa.nih.gov> (The National Institute on Alcohol Abuse & Alcoholism)
- [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)

## WARNING SIGNS

- Unexplainable behavior and mood swings
- Secretiveness
- Loss of interest in daily activities
- General changes in overall attitude
- Physical decline
- Has unexplained money or constantly needs money
- Receives phone calls (often short ones) at odd hours of the night
- Lies about activities
- Withdrawal from responsibility
- Always keeps jacket on
- Physical evidence of drugs such as: rolling papers, seeds, clips, spoons, cotton balls, syringes, etc.
- Use of cover-ups like: mouth spray, eye drops, perfume, etc.



## **Allegany County Drug & Alcohol Abuse Council**

P.O. Box 1745  
12501-3 Willowbrook Rd.  
Cumberland, MD 21501-1745  
Phone: 301-759-5050

# **ADDICTION**

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## **Resource Guide**

**A comprehensive directory of  
addiction treatment  
services in  
Allegany County**

