

A man with long dreadlocks, a beard, and a baseball cap sits on the left, wearing a blue t-shirt and dark pants. A woman with her hair in a bun sits on the right, wearing a black top and polka-dot pants. They are sitting on a brick wall in front of a building with colorful graffiti. The background includes a brick wall with a large, colorful mural of a person's face and a doorway with a white archway.

# Steps to 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](https://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**

# 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 service for individuals at risk for harm to self or others.

## Syringe Services:

- Prevention Point Pittsburgh  
[www.pppgh.org](http://www.pppgh.org)  
412-247-3404  
Syringe services, wound care, and case management for people who use drugs
- Central Outreach Wellness Center  
[www.centraloutreach.com](http://www.centraloutreach.com)  
412-322-4151  
Harm reduction, health care, syringe services, Hep C/HIV testing

## Recovery Support Services:

- Onala Recovery Center  
[www.onala.org](http://www.onala.org)  
412-566-9220  
Peer recovery support services twelve step meetings
- Message Carriers of Pa. Inc.  
[www.messagecarriersofpennsylvania.org](http://www.messagecarriersofpennsylvania.org)  
412-361-0142  
After Hours Recovery Support Hotline  
412-463-7006 (5pm-12am)  
Provides recovery support for individuals and families
- Mon-Yough  
[www.mycs.org](http://www.mycs.org)  
412-346-9937  
Provides outreach in the Mon Valley area

# Resources

## Homelessness Services:

- **Bridge to the Mountains**  
[www.bridgetothemountains.org](http://www.bridgetothemountains.org)  
Assists those living on the streets in accessing and navigating resources
- **Operation Safety Net**  
[www.pittsburghmercy.org/homeless-services](http://www.pittsburghmercy.org/homeless-services)  
Meets people where they are to provide medical care, housing, transportation, and M.A.T services
- **BigBurgh**  
[www.bigburgh.com](http://www.bigburgh.com)  
Virtual hub to help navigate services in Pittsburgh
- **The Open Door**  
[www.opendoorhousing.org](http://www.opendoorhousing.org)  
Harm reduction and housing first model for homeless living with HIV

## Housing:

- **Allegheny Links**  
1-866-730-2368

## Transportation:

- **Traveler's Aid** [www.travelersaidpgh.org](http://www.travelersaidpgh.org)  
412-281-5474
- **Medical Asst Transportation Program (MATP)**  
[www.matp.pa.gov](http://www.matp.pa.gov)  
412-350-4476

## Employment:

- **Office of Vocational Rehabilitation (OVR)**  
[www.dli.pa.gov](http://www.dli.pa.gov)  
412-392-4950
- **Career Links** [www.careerlinkpittsburgh.com](http://www.careerlinkpittsburgh.com)  
412-522-7100

## To dispose of unused prescription or Illicit drugs:

- **Project D.U.M.P.**  
412-459-5000

# Medication Assisted Treatment (M.A.T.)

## Call any one of The Centers of Excellence:

- **Gateway 412-604-8900 ext. 1191**  
Suboxone and Vivitrol  
peer recovery support
- **Tadiso, Inc 412-322-8415**  
Methadone, Suboxone & Vivitrol  
case management
- **Magee Women's Hospital of UPMC 412-641-1211**  
Pregnant women Suboxone services
- **UPMC Center for Opioid Recovery 412-737-7871**  
Suboxone and Vivitrol services  
peer recovery support services
- **AHN Center for Inclusion Health 412-359-4644**  
Methadone, Suboxone, Vivitrol  
services and care team services
- **The Addiction Medicine Center at Western Psych 412-692-2273**  
Methadone, Suboxone, Vivitrol  
outpatient medical detox

## Or Call:

- **Squirrel Hill Health Center 412-422-7442**  
Suboxone services  
2 locations (Squirrel Hill & Brentwood)
- **Latterman Family Health Center 412-673-5504**  
Suboxone and Vivitrol  
McKeesport location

# Drug & Alcohol Treatment

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

- **Uninsured?**

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

- **On Medical Assistance?**

**Community Care Behavioral Health  
1-800-553-7499 [www.ccbh.com](http://www.ccbh.com)**

- **Other Insurance?**

**Call the number on the back  
of the insurance card**



**Provided by the Allegheny County Health Department  
542 Fourth Ave, Pittsburgh, PA 15219**