Coronavirus Disease 2019 (COVID-19) Harm Reduction Resources

Stay up to date with the latest information:
health.ri.gov/diseases/ncov2019
preventoverdoseri.org/covid-19
COVID-19 Info Line: Call 222-8022

Coronavirus disease 2019 (COVID-19) can be spread from person-to-person through sneezing, coughing, talking, or coming in contact with respiratory droplets that have the virus on them. COVID-19 can be very serious for some people--like those who are living with asthma, heart or lung disease, or HIV. It can also be serious for people who are 65 years old and older. As we learn more about the virus, we know that some people with COVID-19 have only had one or two mild symptoms. All people with COVID-19 symptoms should be tested, so watch for symptoms like fever, cough, and shortness of breath.

What can I do to use drugs safely right now?

Try to Keep Yourself and Your Space Clean

Try washing your hands with soap (sing "Happy Birthday" twice) before preparing your drugs. You should also try to wash your hands after being close to other people, using the bus or train, buying drugs, or going to the pharmacy.

Try to Stay Clear of Other People

Stand at least 6 feet away from other people and don't shake their hands or hug them. If you feel sick, don't go to places like your local syringe service provider. In Rhode Island, these supplies can be delivered to you.

Try not to Share Supplies

This means not sharing e-cigs, cigarettes, pipes, bongs, joints, injection supplies, or nasal tubes such as straws. If possible, mix your drugs yourself or stay with the person who is preparing them for you.

Prevent an Overdose

This means having someone check in on you if you are using drugs, using just one drug at a time, using a fentanyl test strip, having naloxone nearby, going slowly, and calling 911 if there is an overdose. It's important that someone is nearby who can give naloxone in case you overdose.

Stock up on supplies

It is important to have the supplies you need to stay safe when you use drugs. This includes naloxone, fentanyl test strips, clean needles and syringes, basic needs, and over the counter medications like ibuprofen.

Where can I get my safer drug use supplies?

You can still get the supplies that you need like naloxone, sterile syringes, and fentanyl test strips anywhere in the state. It is important to use your own supplies when using drugs because of how easy it is to spread COVID. **Call or text for free delivery to your house, or to arrange a pickup.**

RICARES

134 Matthewson St, Providence RI 02903

RICARES is doing statewide Naloxone and fentanyl test strip delivery. Text in advance for pick up any day.

Tel: 401-680-0198
Hours: Mon - Fri, 10am to 3pm
Delivery: Yes

Weber / RENEW

640 Broad Street, Providence, RI 02907

We are open for drop-in Naloxone distribution, as well as needle exchange, fentanyl test strips, condoms, and other basic needs.

Tel: 401-383-4888
Hours: Mon - Fri, 11am to 3pm
Delivery: Yes

AIDS Care Ocean State

557 Broad Street, Providence, RI 02907

We are open for drop-in services for naloxone, needle exchange, safe sex packets, fentanyl test strip kits, and HIV/Hepatitis C testing. There is also free, statewide delivery services available

Tel: 401-781-0665
Hours: Mon - Fri, 11am to 3pm
Delivery: Yes

East Bay Recovery Center

31 Railroad Avenue, Warren, RI 02885

We are open for drop-in Naloxone distribution services. Both intramuscular and nasal kits are available and free of charge to the public.

Tel: 401-289-2055 / 401-302-6231
Hours: Mon - Fri, 9am to 5pm
Delivery: No

Parent Support Network

Our outreach team is available to deliver you Naloxone and fentanyl test strips. We are available by phone and virtual meetings throughout the week.

Tel: 401-500-2998
Hours: Mon - Fri
Delivery: Yes

Where can I get recovery support?

Updated: 4/13/2020

You can still get help from Certified Peer Recovery Specialists. Call lines are available from 8:00am to 8:00pm:

Anchor Recovery Community Center:

Serving those in the Providence, Pawtucket, and Warwick areas. We have daily meetings.

401-889-5770

East Bay Recovery Community Center:

Serving those in the Warren area. Also offering full-time drop-in naloxone distribution.

401-302-6231 (English)
401-602-6735 (Espanol)

PSN Hope Recovery Community Center:

Serving those in the Westerly and Newport areas.

401-598-6400 (Westerly)
401-619-1343 (Newport)

CCA Serenity Center:

Serving those in the Woonsocket area.

401-808-4810

Finding a recovery community right now may be difficult. Some organizations are offering online recovery support.

In The Rooms (**intherooms.com**) is a global recovery community, offers access to daily recovery support meetings including 12-Step Fellowships, SMART Recovery, and many others.

Unity Recovery (**unityrecovery.org**) offer free virtual recovery support groups using a Zoom platform five times daily at 7AM, 9AM, 12PM, 3PM, 6PM, 9PM, and 11PM EST.

ShatterProof (**shatterproof.org/blog**) offers posts about coping with COVID-19 and social isolation through the lens of long-term recovery.

Who can I call for mental health and substance use support?

Call the **BH-LINK 24/7 Hotline** for immediate help with a substance use or mental health crisis: **401-414-LINK (5465)**

Kids' Link RI is a 24/7 Hotline for parents and caregivers to get information on behavioral health services for children in emotional crisis.

Call 1-855-543-5465 to learn about options for treatment and counseling in Rhode Island.

Substance Abuse Mental Health Services Administration (SAMHSA) provides a **Disaster Distress Helpline** with multilingual, confidential crisis support services available to all US and US territory residents.

Call the Helpline at 1-800-985-5990 or text TalkWithUs to 66746.

Can I still get Medicated-Assisted Treatment (MAT)?

You can still get your Medication- Assisted Treatment (MAT) such as methadone and buprenorphine. Learn more at: **PreventOverdoseRI.org/MAT**. To stay safe, MAT providers may have changed how they give out medication, such as changing hours or staggering when people can come in. You may also be able to increase the amount of methadone you can take home.

There are also changes that means it might be easier for you to receive MAT. **You can now qualify for buprenorphine over the phone or in person.** Call to learn more:

Buprenorphine Hotline

24/7 hotline provided by Lifespan

401-606-5456

CODAC

Multiple locations in RI

401-490-0716 (24/7 hotline)

Also providing dropoff services

Ocean State Urgent Care

Multiple locations in RI

401-573-9662

East Bay Suboxone

Multiple locations in RI

401-246-1195