

If you are experiencing a behavioral health crisis, please reach out:

Suicide and Crisis

Lifeline:

Call: 988

Text: 988

Chat: 988lifeline.org



Carroll County Health Department

For help connecting with community services, please call our Service Coordinators at **410-876-4449**.

Monday - Friday, 8 AM - 5 PM

Carroll County Health Department



Public Health
Prevent. Promote. Protect.

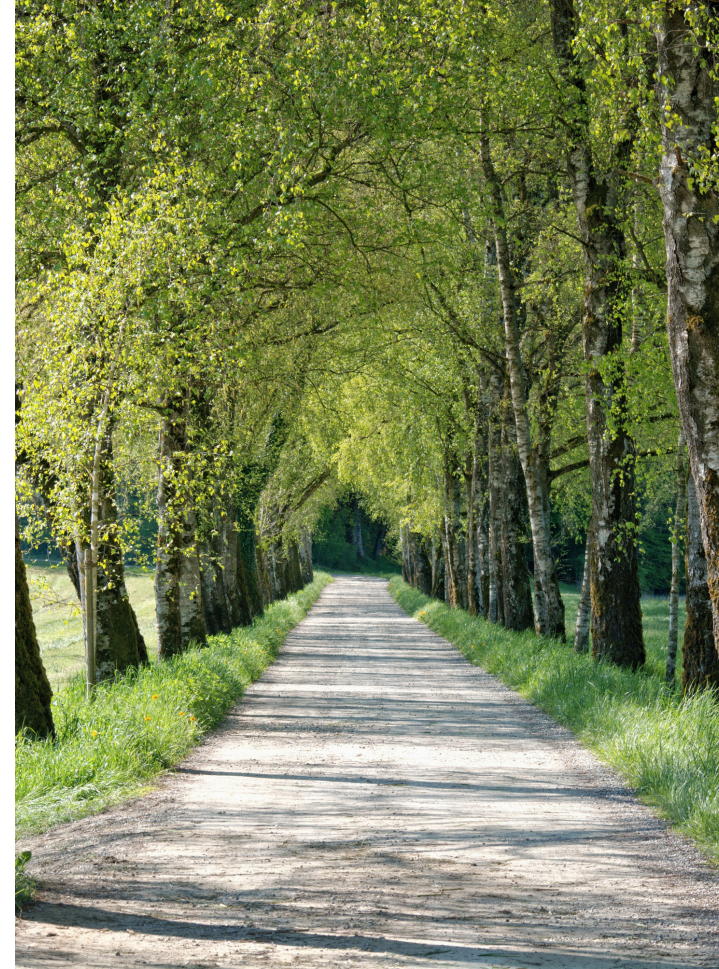
The Carroll County Health Department complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, sex, gender, disability, or sexual orientation in its health programs and activities.

Help is available in your language:
1-800- 966-3877 (TTY: 711).

Interpreter services are available for free. Español/Spanish Hay ayuda disponible en su idioma: **1-800- 966-3877 (TTY: 711)**. Estos servicios están disponibles gratis.

Carroll County Health Department

290 South Center Street
Westminster, MD 21157
Phone: 410-876-4449
Fax: 410-876-4832
cchd.maryland.gov



Peer Recovery Support Specialists

Support on *your* road to recovery.

Carroll County Health Department
Westminster, MD

Peer Recovery Support Specialists (peers) have lived experience and are in recovery themselves. Peers:

- Promote recovery and/or harm reduction
- Connect you with recovery support services
- Remove barriers to recovery
- Encourage hope, optimism, and healthy living

Our peers offer their commitment and confidentiality. They believe:

- **Recovery is a choice.**
- **Recovery is unique to each individual.**
- **Recovery is possible for everyone.**

Peer services are free of charge!

**To connect with a peer,
contact us at**

410-876-4449 or

cchd.peersupport@maryland.gov



What is recovery?

Recovery is “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” -*Substance Abuse and Mental Health Services Administration, 2010*



Planting seeds of hope

Quotes from Peers:

“To me, recovery means relief from chronic suffering and helping others find that relief.”

“Recovery is maintaining a healthy lifestyle that includes doing everything possible to abstain from using any mood or mind altering substance.”

“Recovery is a process where someone will improve their health and wellness and strive to reach their full potential.”

What is harm reduction?

Harm reduction offers strategies and tools to help people who use drugs to prevent overdoses and infections. If you are not ready for abstinence, harm reduction is another path on the road to recovery.

Good Samaritan Law

Maryland’s Good Samaritan Law protects you from arrest and prosecution from certain crimes if you are helping someone who is overdosing. ***Don’t run, call 911.***

For more information, please visit: stopoverdose.maryland.gov/good-samaritan-law/

Naloxone (Narcan) Training

Peers can provide a quick one-on-one training for people who use opioids or have a family member/friend who uses opioids. Call **410-876-4449**.

Fentanyl strips and xylazine strips are also available.

