



Patient Information Guide

As of April 13, 2023

This handout provides resources for patients who are prescribed certain medications classified as “controlled substances” and have lost access to their health care provider. This information may be helpful now, or in the future, as you identify and navigate your healthcare needs.

Where can I go for pain management services? If you are seeking pain management services and would like a new provider, please call your insurance carrier for physicians who practice pain management, or you may refer to the state medical society for a list of possible providers <https://www.medchi.org/Physician-Finder/Physician-Finder>.

Where can I go for primary care services? 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.

Where can I get help if I am experiencing a behavioral health emergency?

To get immediate assistance for a behavioral health (substance use or mental health) emergency, you should call 988, text 988, or chat 988lifeline.org. This will link you with a call specialist who will listen to you and help determine next steps. This could mean that a mobile crisis team is sent to you or you are referred to a substance use treatment provider near you.

Where can I obtain naloxone/Narcan? If you or someone you know is worried about overdosing, anyone can get naloxone from a pharmacy. Naloxone is also available through Public Overdose Response Programs throughout the state and may be found using [this list](#). You can also visit <https://health.maryland.gov/pha/NALOXONE/Pages/Home.aspx> to see a locator map. Naloxone may also be found in your local [pharmacy](#) and billed to insurance and Medicaid.

Where can I find behavioral health resources? Call or text 988 or chat 988lifeline.org, a national suicide and behavioral health crisis hotline. You can also 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.

Other Resources

- **988 Suicide and Crisis Lifeline:** Call or text 988 or chat 988lifeline.org, a national suicide and behavioral health crisis hotline.
- Search for substance use treatment facilities through [Findtreatment.gov](https://findtreatment.gov)