



# Lost Access to Your Provider, and Need Medication?

## Where to Seek Care & What to Know

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### You are not alone.

This resource provides an overview of options for patients who are prescribed a controlled substance medication and have lost access to their Healthcare Provider. Some resources promoted below may only apply to some patients.

#### For Patients Experiencing Medication Disruption

If you have a Primary Care Provider, contact them to discuss your next steps for 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. If you do not have insurance, you may find a community Healthcare Provider by accessing the Colorado Community Health Network map at <https://cchn.org/cchn-map/>.

#### Only take medicine prescribed to you and filled at a licensed pharmacy

Some patients who lose access to their medications and are unable to access care may try to obtain them from an illicit source. It is important to know that any pill that is not obtained directly from a pharmacy may contain fentanyl. Fentanyl is a powerful opioid that can increase the risk of a fatal overdose.

#### Tips for Patients Seeking Behavioral Health or Substance Use Disorder Treatment Services, Including Medication Assisted Treatment

If you have health insurance, call the number on the back of your health insurance card or check your insurer's website for in-network Providers.

To find a Treatment Provider near you, visit the Colorado Behavioral Health Administration's OwnPath Care Directory at <https://ownpath.co/> or the Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://samhsa.gov>.

## Symptoms of Withdrawal

Abruptly stopping the use of opioids or benzodiazepines can lead to mild, severe, or even life-threatening withdrawal symptoms, including

### Opioid Withdrawal Symptoms

- Muscle or bone pain
- Sleep problems
- Diarrhea or vomiting
- Cold flashes and goosebumps
- Uncontrollable leg movements
- Severe cravings
- Anxiety or irritability

### Benzodiazepine Withdrawal Symptoms

- Anxiety
- Tremors
- Irritability
- Insomnia
- Nausea/Vomiting
- Heart palpitations
- Seizures
- Hallucinations

## Get Help Now

- **Call 911** if you are experiencing a medical emergency or visit your local emergency department.
- **988** connects people in Colorado to trained specialists offering compassionate mental health, emotional, and substance use support via call, text, and chat.
- **211** is a confidential and multilingual service connecting people to vital resources across the state. No matter where you live in Colorado, you can find information about resources in your local community. Dial 211 or 866-760-6489.

## Find Naloxone

Naloxone is a medication that saves lives by reversing drug overdoses caused by opioids. Anyone can administer the medication by following the instructions included in a naloxone kit. Go to [www.stoptheclockcolorado.org](http://www.stoptheclockcolorado.org) to find naloxone near you.