



SURVIVING AN OVERDOSE

WHAT NOW AND WHAT'S NEXT?



IN THE NEXT FEW HOURS...

Don't be alone. Stay with someone for at least four hours. They can call 911 if you pass out again, stop breathing or have other health problems.

Don't use more opioids. Even if you are feeling sick wait for the naloxone to wear off. Naloxone can cause serious withdrawals and make you want to use. If you do use, the naloxone in your system might prevent you from getting high. Even though you aren't high it doesn't mean you can't overdose again when the naloxone wears off. Naloxone alone is not a solution to overdose.



IN THE NEXT FEW DAYS...

Be prepared for physical withdrawals. As the days pass; you'll struggle with physical withdrawal. **Get a naloxone kit.** Share with others if you have it. If you have overdosed once, you are at risk to do so again. Visit VitALalabama.com/free-narcan for access to free Narcan provided by the Jefferson County Department of Health.

Find someone to talk to. Overdosing can be scary for you and others witnessing the overdose. It can help to talk to someone you trust or someone who has been through the same thing. Contact the **24/7 Helpline** to talk to a recovery support specialist who understands your struggle and can provide you with support.



IN THE NEXT FEW WEEKS...

If it's time for a change. There are many treatment and recovery options. Find the one that fits you best, visit mh.alabama.gov. When you are ready to consider recovery, there are recovery support specialists who are available to help. Whether you just want to talk or if you want to seek treatment, contact the **24/7 Helpline**.