



# 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 [www.vitalalabama.com/free-narcan](http://www.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 <https://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**.



# EXPERIENCING AN OVERDOSE IS A CRISIS

## STEP ONE

***You survived, not everyone does.*** No matter your drug of choice, *surviving a drug overdose is an amazing thing.* Not everyone who overdoses will live through the experience. The important thing to do now is take steps to ensure that it never happens again. Next time might end very differently.

*It may take you some time to see your overdose for what it really is, but regardless of whether you resume drug use after overdose or not, it is never the wrong time to say that you could use some help.*

*An overdose is not something to hide or bury under continued substance use. **You have been given a second chance** to change the direction of your life. Don't waste it.*

## STEP TWO

***Reaching out for help.*** Deciding to get help puts you on a path to a better tomorrow. There are recovery support specialists who are in long term recovery who have been where you are and are waiting to help you on your journey to recovery.

*Calling the **24/7 Helpline** makes the next step of healing available to you. Please call now!*



**HELPLINE**  
844-307-1760

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