

CHANGE the **SCRIPT**

PREVENTION Stop opioid misuse before it starts

- 1. Safe storage and disposal matters.**
Keep all OTC and prescription medication in one location. Use a combination safe, locked cabinet, or locked drawer—not the bathroom medicine cabinet.
- 2. Naloxone saves lives.** Also known as Narcan, this easy-to-administer drug stops opioid overdoses – and is available at many pharmacies.
- 3. Have a dialogue with a doctor.** Ask about drug interactions with opioids, and alternate approaches to pain management.

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TREATMENT

Take the step

- 1. There are effective approaches.**
New medications and a “whole patient” perspective combine to offer treatment options that work.
- 2. “Pain” isn’t just physical.** It can be emotional, or indicative of a mental health issue. Many people who misuse opioids suffer from depression or other mental health issues.
- 3. Talk treatment with a doctor.** Ask about Medication-assisted Treatment, extended-release medications, and tapering plans.

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RECOVERY

Believe in it

- 1. Recovery from opioid misuse and addiction is possible.** The combination of medication, counseling, and peer-based recovery support has been shown to work.
- 2. Don't go it alone.** Successful recovery often depends on a support system of trusted friends and family in addition to healthcare, treatment, and recovery professionals.
- 3. Use the tools of recovery.** Learn how to access the resources needed to make a strong and lasting recovery.

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GET THE RIGHT RESOURCES

- Prevention & Wellness
- Treatment & Recovery
- Storage & Disposal
- Naloxone sources

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