

WHAT ARE YOUR OVERDOSE RISK FACTORS?

Recent Substance use

Check even if use is occasional or prescribed.

- I use opioids (pain medication, fentanyl, methadone or heroin, etc)
- I use other substances (alcohol, Xanax, cocaine, MDMA, tranq, etc)

- Mixing drugs greatly increases risk of overdose and any drug can contain fentanyl.
- Xylazine (aka Tranq) is not an opioid and does not respond to Narcan.

Past History of Overdose

- I've had an accidental overdose
- I've had an intentional overdose

- People who have overdosed before are more likely to overdose again.

Health and Stressors

- I have health issues (breathing, liver, immune, vision)
- I have life stressors (loss of a loved one, housing, money, relationship, treatment)
- Other: _____

- Respiratory conditions contribute to decreased oxygen, vision can affect the ability to measure drugs, and liver problems affect how your body processes drugs.
- Using while rushed or in distress poses more danger.

What, How, and When You Use Substances

- I use different strengths and/or amounts of substances
- I use alone
- I use while having thoughts of suicide / I don't care if I wake up
- I use IV / with a needle
- I use drugs in different ways (snort, smoke or swallow)
- I use different drugs at the same time
- I use drugs while under influence of alcohol
- I go days without using and then use again

- Mixing drugs is not a science, and it can have different effects each time.
- If drunk or under the influence of one drug, decision-making is impaired when using more or other drugs.
- Injecting drugs poses a higher risk of overdose and can cause infection and spread disease.
- Decreased tolerance is one of the largest risk factors for fatal overdose.
- A body's tolerance may begin to decrease in as little as 48 hours.

OVERDOSE SAFETY PLAN

Actions I can take to reduce my risk of overdose

Consider steps that address your risks. Examples: changing method of use, take turns with a buddy, use only one drug at a time

Things I do regularly (or want to do more) to stay well

Consider ways you take care of your physical and mental health

People who support my wellness and I can ask for help

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

Professionals and agencies I can call for help

NEVER USE ALONE 800-484-3731

Call 24/7 if you are using alone.

SUSSEX COUNTY RECOVERY SUPPORT HELPLINE 844-722-5327

Call 24/7 for help accessing recovery resources.

NATIONAL SUICIDE AND CRISIS HOTLINE 988

Call 24/7 for mental health emergencies.