You may be at risk for overdosing on opioids.
Opioids include both heroin as well as prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone (Oxycontin, Percodan, Percocet), hydrocodone (Vicodin, Lortab, Norco), fentanyl (Duragesic, Fentora) and hydromorphone (Dilaudid, Exalgo).

You are provided a prescription for an antidote to opioids called Narcan (also known as Naloxone)
- Narcan can reverse the effect of opioids if a person cannot be awoken from a sleep or if they are breathing very slowly or not at all
- If someone is in this condition you should call 911 after giving Narcan

If you overdose on opioids, someone else needs to give you Narcan
- You should talk to family and friends about Narcan, keep Narcan in an easy to find location, and keep the instructions next to the medication

See attached information on how to administer (give) Narcan.

Where can you get Narcan?
You can get Narcan at Walgreens, Krogers, and CVS Pharmacy without a prescription in Ohio. Other pharmacies require a prescription, including Hoxworth pharmacy. We recommend you bring this prescription with you to get Narcan.

How do you lower the risk of opioid overdose?
- Do not mix drugs: Mixing drugs together can cause an overdose.
- Your tolerance can change: Tolerance is how much drug your body can handle. If you take a break from a drug, your tolerance falls. When you start again, your body cannot handle as much drug as before. Starting opioids again after a break (like illness, jail, hospital, rehab) increases the risk of overdose.
- Other health problems increase your risk: If you have health problems like asthma, liver problems, kidney problems, or HIV/AIDS, your body cannot handle the effects of opioids as well.

Where can you get help with opioid addiction?
UC Early Intervention Program Linkage Service – call (513) 817-5212

Cincinnati Exchange Project: This is a 100% confidential needle exchange program that also provides free HIV and hepatitis C testing, as well as safe sex and drug education. ([http://cincyep.org](http://cincyep.org))
Locations and hours are:
- Monday: Cooper St between Cherry and Colerain 3-6 pm
- Wednesday: Behind Church of our Savior 65 E. Hollister from 4-7pm
- Thursday: The corner of Lindsey Alley and May St. in Walnut Hills 10:00am to 1:00pm


Here are other places that may help you with addiction:

http://www.communityrecoveryproject.org/?page_id=90

- Center for Chemical Addictions Treatment (CCAT) - (513) 381-6672
  http://www.ccatsober.org/
- Talbert House - (513) 281-2273
  http://www.talberthouse.org/
- The Ridge Addiction Recovery Center - (866) 902-9846
  http://www.theridgeohio.com/
- Brightview Health - (513) 834-7063
  http://brightviewhealth.com/
- Northland Center - (513) 753-9964
  http://www.northlandaddictiontreatmentrehabcenter.com/
- Community Behavioral Health - (513) 887-8500
  http://cbh-services.org
- Beckett Springs - (513) 942-9500
  http://www.beckettsprings.com/
- Sojourner Recovery Services - (513) 868-7654
  http://sojournerrecovery.org/
- Modern Psychiatry & Wellness – (513) 868-0055
  http://www.modernpsych.com/
- Bethesda Hospital - (513) 569-6116
- First Step Home (Women & Children) - (513) 961-4663
  http://www.firststephome.org/
- Gateways Recovery - (513) 861-0035
  http://gatewaysrecovery.com/
- The Crossroads Center - (513) 475-5313
  www.thecrossroadscenter.com/
- City Gospel Mission - (513) 345-1094
  http://citygospelmission.org/
- DECLARE Therapy Center LLC - (513) 834-7050
  http://declaretherapycenter.org/
- Camelot Community Care - (513) 961-5900
- Central Clinic - (513) 651-9300
  http://www.centralclinic.org/
- Cincinnati Behavioral Health Service - (513) 354-7000
  http://www.gcbhs.com/
- Joseph House (Veterans) - (513) 241-2965
  http://josephhouse.com/
- LifePoint Solutions (Counseling) - (513) 921-6300
  http://www.lifepointsolutions.org/
- Lighthouse Youth Services Inc - (513) 487-7181 or (513) 221-3350
  http://www.lys.org/
- New Direction Treatment Services - (513) 541-7111
  http://www.newdirectiontreatment.com/
- The Children’s Home of Cincinnati - (513) 272-2800
  http://www.thechildrenshomecinti.org
- Cincinnati Teen Challenge (Faith Based) - (513) 248-0452
  www.teenchallengecincinnati.org
- Hillcrest Training School (Criminal) - (513) 552-1200
- Abraxas Counseling Center - (513) 221-4500
  http://www.abraxasyfs.com/facilities/cincinnati/
- Adolescent Substance Abuse Programs - (513) 792-1272
  http://asapcincinnati.com/