

### **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>)

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

**Inject Hope:** Crisis hotline - (513) 281-7422 <http://injecthope.com/>

**Addiction Services:** Hotline - (513) 281-7880 <http://www.addictionservicescouncil.org/>

**Here are other places that may help you with addiction:**

[http://www.communityrecoveryproject.org/?page\\_id=90](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  
<http://www.trihealth.com/institutes-and-services/alcohol-and-drug-treatment/>
- 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/](http://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  
<http://www.camelotcommunitycare.org/behavioral-health.aspx>
- 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](http://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/>