

GIOTTO CENTER COMMUNITY HEALTH & BEHAVIORAL SERVICES

A DIVISION OF UPSTATE CARING PARTNERS

Keep safe. Prevent overdose.

In a life-threatening emergency, call 911.

1. The National Suicide Prevention Lifeline (1-800-273-TALK/8255; Lifeline (suicidepreventionlifeline.org))
2. The NYS Crisis Text Line (Text GOT5 to 741741)
3. The OASAS HOPEline (1-877-8-HOPENY or text HOPENY)
4. Never Use Alone for those at risk of overdose (1-800-484-3731; <https://neverusealone.com>)
5. Crisis services in their local community
6. Mobile Crisis Assessment Team (315-732-6228).

Safety Plan

Not using substances is the only way to prevent an overdose. But if you do return to using, you can take the following precautions:

When someone has not used substances for a while, their tolerance will be lower. To prevent overdosing, it is recommended to avoid using large amounts of opioids, benzodiazepines, and/or alcohol.

The prevention of overdosing by eliminating the mixing of drugs and alcohol together (including prescribed drugs).

Take prescription medications as prescribed and prevent overdosing with misusing them.

There are several benefits of using a less risky method (i.e. snort instead of smoke or injection) and not sharing or reusing needles, pipes, or straws.

KNOW THE SIGNS OF AN OVERDOSE:

Signs of an overdose may include loss of consciousness, being awake but unable to talk, breathing is very slow and shallow, erratic, or has stopped, for lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen, choking sounds, or a snore-like gurgling noise, vomiting, pulse (heartbeat) is slow, erratic, or not there at all.

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CARRY NALOXONE:

Naloxone will reverse an opioid overdose. Have multiple doses out and ready to go. Tell trusted friends how to use Naloxone. Good Samaritan Laws protect individuals from being charged for drug possession if someone contacts 911.

CHECK YOUR SUPPLY:

Checking for changes in drugs like color or taste and the way it dissolves or cooks can be helpful in determining next steps to ensure safety. Extra caution may be taken if the sources of substances has changed, like a different dealer. When buying drugs from a dealer may differ in strength and drugs there can be the potential of other substances being mixed together.

TEST FOR FENTANYL AND XYLAZINE:

Fentanyl and Xylazine can be found in a number of different substances, like heroin, meth, cocaine, and pressed pills.

Test Strips can identify the presence of fentanyl/xylazine in unregulated drugs and can test injectable drugs, powders, and pills.

Before using drugs, ask someone you trust to check on you regularly.

CHBS SUD OP and ARC Health Organization offer Fentanyl and Xylazine testing strips. ACR Health offers a Syringe Exchange Program. Utica ARC Health's phone number (315-793-0661) and being able to walk in at 287 Genesee Street, Utica, NY 13501 for additional services.