Overdose

What to do when you come through

• Self care
• Get help
• Find naloxone

NEW HAMPSHIRE recovery hub
Surviving an opioid overdose is a life-changing and traumatic event. You may experience embarrassment, guilt, anger, and gratitude, all accompanied by the discomfort of opioid withdrawal. Breathe. Because you can.

Opioid overdoses are almost always accidental. You can minimize your risk of overdose by looking for help today. Taking the first step can be difficult but keep in mind that you’re not alone, recovery is possible, and there are things you can do today that can help you lead a safer and healthier life.

In addition to having support from family and friends, there are a variety of community-based services that can help you on your path to recovery, such as:

- Peer recovery support: For a current list of state-funded recovery support organizations and updated meetings, visit nhrecoveryhub.org, for New Hampshire Narcotics Anonymous meetings visit gsana.org, for New Hampshire Heroin Anonymous meetings visit: heroinanonymousnh.org

- Behavioral health providers: Due to the efforts of Governor Sununu, help for substance use disorder has never been closer. Visit thedoorway.nh.gov for local access points that can perform an evaluation/assessment and refer you to services immediately. For a current list of behavioral health providers in New Hampshire, call 211 or visit nhtreatment.org.

- Faith-based organizations: Local faith-based groups may offer you help as you struggle to understand what has led to your substance use.

- Community support programs: Every region of the state has a Regional Public Health Network (RPHNs) who can help connect you to local resources. For a list of RPHNs, visit nhphn.org. To be connected to a regional Hub that can address your needs, call 2-1-1.

- Family support services: Your family will also be a source of strength and they are encouraged to connect to a family support group to share their experiences and learn about local resources by visiting nhrecoveryhub.org. Your family member may have just experienced trauma, too, and he or she can learn a lot from other people who have had similar experiences.
Recovery support can help you no matter where you are in your path, from active use to sobriety.

When you engage with recovery before entering treatment (because you don’t think you’re ready, don’t have the money, or are on a long wait list), you will receive emotional support that may strengthen your determination, learn about other possible treatment options, and receive help understanding sometimes complex paperwork.

When you connect with recovery while in treatment, you’ll meet people who have experienced many of the same things you have and build lasting friendships. We are really as strong as our social connections, and it’s important for you to extend your circle of friends to include people who have learned to live without drugs or alcohol.

When you’ve completed treatment and are in sobriety, people in recovery can help you avoid common pitfalls and triggers, which can help you alleviate stress in your life. Because people in recovery have faced similar challenges themselves, they have real-world knowledge of what you’re going through.
Avoid an Opioid Overdose

Don’t use drugs alone. If you do use drugs alone, let someone know where you are.

Don’t mix drugs. If you do mix drugs, use less of each drug.

Try a small amount of your drug to determine how strong it is before using more.

Use less if you are sick or your immune system is down.

If you’ve had a period of abstinence (for example, after a residential program, during detox or after incarceration) use less drug than normal.

Keep your door unlocked, be sure to let others know that you have naloxone and teach them how to use it.

Assume any drugs you purchase have been tainted with deadly fentanyl, especially if using a new supplier.

Dial 9-1-1 in the event of an overdose and never use again if you have been brought out of an overdose using narcan. Whatever drug caused you to overdose is still in your system after narcan has worn off and if you use too soon, you may overdose again.

Recovery Answers

All Peer Recovery Support Service providers offer the services below, but they vary widely from organization to organization. Please call or visit individual providers’ websites for a full list of services or visit the NH Recovery Hub.

**Peer Recovery Coaching:** Services provided by trained peers who serve as guides and mentors to individuals seeking or in recovery in order to assist those individuals with developing a recovery plan and removing barriers to recovery.

**Healthy living groups:** Peer Recovery Support Service providers offer a wide range of healthy living groups. These groups may take the form of gardening or yoga activities, financial literacy, goal setting, work readiness training and more.

**Telephone Peer Recovery Support Service:** Scheduled and as needed telephone contacts that provide peer support and encouragement as well as information about community resources, mutual support groups and other supports that may be available to individuals in or seeking recovery.

**Mutual support groups meetings:** Every recovery community center makes space available for a variety of recovery groups including Alcoholics Anonymous and Narcotics Anonymous, Al-Non.

Visit: nhrecoveryhub.org for a full list of services at each recovery community organization.