A PAUSE, A PRACTICE, A NEXT STEP

Opioid Use

Know how to get treatment and respond to an overdose.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Ask for treatment

You can say, “I want help with opioids. Can I talk with someone about medicine today?” Buprenorphine, methadone, and naltrexone are options for opioid use disorder. A clinician can help you choose and start safely.

01 / Notice and reflect

Who can I ask about treatment today?

02 / Notice and reflect

Where can I get naloxone?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for medical care if you have cravings, feel sick between uses, or have had an overdose. Any suspected overdose needs a 911 call, even if naloxone has already been given.

Read more: CDC · What to do if someone may be overdosing

More tools and immediate support: Our Healing Room / Crisis Support.