

## Helping a Friend with a Drug Problem

- ◆ Look for **signs of addiction** such as **changes in appearance** (sudden weight loss or gain, needle marks, frequent nose bleeds, lack of hygiene) **and behavior** (extreme mood changes, risky activities, isolation, neglecting responsibilities).
- ◆ Encourage your friend to **seek professional help** for addiction and medical **detox** help.
- ◆ If your friend is misusing **opioids**, get **Narcan Nasal Spray**, a medication used to treat an opioid overdose. If you suspect an opioid overdose, **call 911 and administer Narcan**.
- ◆ **Signs of an opioid overdose include:**
  - Unresponsiveness or unconscious.
  - Slow, shallow, or stopped breathing.
  - Small, constricted, pinpoint pupils.
  - Vomiting or making choking sounds.
  - Pale, cold, or clammy skin.
  - Blue, purple, or grayish fingernails, lips, or skin.
  - Limp body.
  - Slowed or absent pulse.

Follow **B-L-U-E** if you think someone is having an overdose:

**B – Breathing** is shallow or absent.

**L – Lips** are pale, blue, or purple.

**U – Unresponsive** to verbal & physical stimuli.

**E –** Needs immediate **emergency care**.

## Reducing Harm if you use Drugs

- ◆ Do not use drugs alone.
- ◆ Always carry **naloxone**, keep in an easily accessible place, and ensure friends and family know where and how to use it.
- ◆ Have a **plan** with others every time you use in case of an overdose.
- ◆ Test your drugs for fentanyl with **fentanyl test strips**.
- ◆ **Do not mix** drugs or use with alcohol.
- ◆ Use sterile syringes when injecting drugs.
- ◆ Find **treatment** and support.

## Substance Abuse Resources

**SAMHSA National Helpline**

**800-662-HELP (4357) [samhsa.gov](http://samhsa.gov)**

Substance abuse treatment & information.

**Suicide & Crisis Lifeline Call or text 988**

**Find a Treatment Facility**

**833-888-1553 [findtreatment.gov](http://findtreatment.gov)**

**Crisis Text Line**

Text **“HOME”** to **741741** Free 24/7 support.

**[crisistextline.org](http://crisistextline.org)**

**Choose Change California**

**[choosechange.ca.org](http://choosechange.ca.org)**

Medication Assisted Treatment (MAT) to treat Opioid Use Disorder (OUD).

**Orange County Mental Health & Recovery Services** **855-625-4657** 24/7 support.

**[ochealthinfo.com](http://ochealthinfo.com)**

**Be Well OC**

**949-749-2500 [bewelloc.org](http://bewelloc.org)**

Mental health & substance use disorders support & treatment.

**Smart Recovery [smartrecovery.org](http://smartrecovery.org)**

Online or in-person addiction recovery support meetings for addictive behaviors.

**OCC Student Health Center**

◆ Mental Health Short-Term Therapy

**714-714-7715**

◆ Medical Care, Consults & Referrals

**714-714-7705**

**OCC Campus Safety**

**714-432-5017** Safety & legal concerns.

**Narcotics Anonymous Orange County**

**714-590-2388** 24-Hour Helpline

**[orangecountyana.org/ocwp/](http://orangecountyana.org/ocwp/)**

Group support meetings.

**Alcoholics Anonymous Orange County**

**Santa Ana: 714-556-4555 [oc-aa.org](http://oc-aa.org)**

Group support meetings.

## Accessing Narcan in California

- ◆ **Pharmacy:** No prescription needed but call to ask if they have it in stock & the cost.
  - Medi-Cal, Medicare & many insurance plans will cover naloxone with a doctor's prescription. Check with your insurance.
- ◆ **Mail-based free naloxone:** Contact Next Distro online **[nextdistro.org/cachoice](http://nextdistro.org/cachoice)**
- ◆ **National Harm Reduction Coalition:**  
**[harmreduction.org/resource-center/](http://harmreduction.org/resource-center/)**

**Fentanyl Test Kits Available at the Health & Wellness Center JSC 110.**