

OPIOID OVERDOSE PREVENTION & RESPONSE

Staying Safer While Using Drugs — A Harm Reduction Resource



HARM REDUCTION — WHY IT MATTERS

These tips are for people who actively use drugs and for the loved ones who care about them. Not everyone is ready or able to stop using right now. Harm reduction focuses on keeping people safe and alive so that recovery is still possible in the future.

● HAVE A PLAN FOR EMERGENCIES

- Always carry naloxone (Narcan) if you or people around you use opioids.
- Make sure friends, family, and loved ones know where the naloxone is and how to administer the nasal spray.
- Naloxone only works if someone is there to give it — another reason not to use alone.

● TEST YOUR DRUGS

You won't be able to see, taste, or smell fentanyl.

- Use fentanyl test strips to check your supply.
- Fentanyl can be found in almost any drug — pills, powder, heroin, cocaine, etc.
- Test every pill, new batch, every new source, and anytime your drugs look different.
- Use clean supplies.

● NEVER USE ALONE

- Never use drugs alone. Choose a safe place where someone can check on you.
- When using with others, take turns so someone is always alert to administer naloxone and call 911.
- If you must use alone, call the Never Use Alone Hotline before you use.

● DOSE CAREFULLY

Start slow and go low.

- Start with a small test dose ("test shot"), especially if you did not test the drugs.
- Wait to see how your body reacts before using more.
- If you start with too much and overdose, you cannot undo it.

● PRACTICE SAFER METHODS

- Snorting or smoking drugs is safer than injecting. These methods take longer to enter your system, lowering overdose risk.
- Avoid mixing drugs (especially opioids) with alcohol or benzodiazepines, which increases overdose risk.

Never Use Alone Hotline

800-484-3731 or **877-696-1996**

Anonymous & confidential. A trained peer stays on the line.

SUPPORT & RECOVERY OPTIONS

Chesapeake Integrated Behavioral Health (CIBH)

224 Great Bridge Blvd., Chesapeake, VA 23320 | 757-547-9334

PEAKE Team (Peer Recovery Specialists)

757-547-9334 — ask for the PEAKE Team

Virginia Beach Psychiatric Center

1100 First Colonial Rd., Virginia Beach, VA 23454 | 757-496-6000

BHG (Behavioral Health Group) Chesapeake South Treatment Center

109 Wimbledon Square, Ste. H, Chesapeake, VA 23320 | 757-410-8244

BHG Chesapeake Treatment Center

3322 Western Branch Blvd., Ste. A, Chesapeake, VA 23321 | 757-673-3644

BrightView Chesapeake

209 Research Dr., Ste. 102, Chesapeake, VA 23320 | 888-502-4571

BrightView Chesapeake South

516 Innovation Dr., Chesapeake, VA 23320 | 888-502-4571

ONLINE RESOURCES

SAMHSA (Substance Abuse and Mental Health Services Administration)
[samhsa.gov](https://www.samhsa.gov)

National Harm Reduction Coalition
harmreduction.org

It Only Takes One
itonlytakesone.virginia.gov

NIDA (National Institute on Drug Abuse)
nida.nih.gov

Song for Charlie
songforcharlie.org

Rewards for Healthier Living
rewardsforhealthyliving.com

Partnership to End Addiction
drugfree.org

Virginia DBHDS (Department of Behavioral Health and Developmental Services)
dbhds.virginia.gov

HOTLINES

National Suicide Hotline
988

Never Use Alone Hotline
800-484-3731 / 877-696-1996

Veteran's Crisis Hotline
988, then press 1

Substance Abuse & Addiction Hotline
844-289-9879

SAMHSA's National Helpline
1-800-662-HELP (4357)

Nat'l Maternal Mental Health Hotline
1-833-TLC-MAMA (852-6262)

VIRGINIA GOOD SAMARITAN (SAFE HARBOR) LAW

- Don't be afraid to call for help immediately during an overdose.
- You cannot be arrested for calling 911 to report an overdose.
- Do not leave the person alone. Wait for help to arrive.
- Protection includes certain possession charges, paraphernalia, and alcohol.
- Applies even if on probation or parole, as long as you cooperate with emergency medical services (EMS) and law enforcement.

"We are here for you no matter where you are on your journey because your life matters."

Healthy Chesapeake

667 Kingsborough Square, Ste. 102, Chesapeake, VA 23320

757-690-8970 | info@HealthyChesapeake.org
www.HealthyChesapeake.org

PEAKE Team Mobile Calendar:
cityofchesapeake.net/calendar.aspx?CID=42