

# DRUG OVERDOSE RESOURCE GUIDE FOR COMMUNITY MEMBERS



Department  
of Health

The New York State Department of Health aims to provide the general public with tools and resources to address the overdose problem in New York State (NYS). Pain pills, heroin, fentanyl, methamphetamine and other stimulants, particularly intentionally or unintentionally combined, continue to drive the overdose crisis. Fentanyl is a common illicitly-manufactured drug that is very strong and is often found to have been added to heroin and other drugs. The following list of recommendations and resources is intended to support you in your efforts to reduce the risk of overdose for yourself and other in the community. For more information about substance use and overdose prevention and related resources in New York State, please visit <https://oasas.ny.gov/prevention>, <https://oasas.ny.gov/prevent-overdose#top> or contact [opioidprevention@health.ny.gov](mailto:opioidprevention@health.ny.gov).

New Yorkers and their loved ones struggling with an addiction can find help and hope 24-hours-a-day, 7-days-a-week by calling the state's toll-free HOPELine at **1-877-8-HOPENY** (1-877-846-7369), by texting HOPENY (Short Code 467369), or by visiting <https://oasas.ny.gov/hopeline>.

## PREVENT AN OVERDOSE BY REDUCING THE RISK:

- Treat people who use drugs with compassion and kindness. Rejecting people who use drugs increases their risk for overdose as they are more likely to use alone or in a place that is not safe or private. 
- Teach yourself and fellow community members [basics about opioids and risks associated with them](#), including overdose, disease, and death, and the importance of using prescription pain medications only as prescribed.
- Safely store pain medications in a locked container and out of reach of children— one dose can cause an accidental overdose. Locate a [medication drop box](#) in your county for proper disposal of unused or expired medications. 

## SAVE A LIFE BY BEING PREPARED:



- If you or your loved ones use opioids or other substances, create [an overdose prevention safety plan](#) with them. To receive support when creating an overdose prevention plan, find an [Opioid Overdose Prevention Program](#) near you.
- Naloxone (also known by the brand name, Narcan) is a drug that is used to reverse opioid overdoses. It is legal to both get and carry in New York State.
  - Naloxone is at your pharmacy for free or low cost. New York's [Naloxone Co-payment Assistance Program \(N-CAP\)](#) will cover co-payments up to \$40.
  - Check this [Directory of Pharmacies Dispensing naloxone with Standing Orders](#) to find prescription-free naloxone near you.
- Know how to spot the signs and symptoms of opioid overdose, including slow or shallow breathing, uneven or no breathing, blue or purplish-black lips or fingernails, unresponsiveness, and unconsciousness.
  - Identify [fentanyl \(fentanilo\)](#) contamination in Opioids and Stimulants by learning where to get [fentanyl test strips](#).
  - Check the [Community Calendar of Opioid Overdose Trainings](#) for an overdose prevention training near you to learn how to identify and respond to an opioid overdose, and be trained in how to administer naloxone.
- Know how to promptly identify signs and symptoms and characteristics to identify a [methamphetamine overdose](#) including agitation, chest pain, irregular or stopped heart, high body temperatures and seizure.
- Keep these simple guides handy, in case of an emergency: [How to Use Nasal Naloxone for Opioid Overdose](#) or [Emergency Response for Opioid Overdose \(también en español\)](#).
- Learn about and share these [Facts about the 911 Good Samaritan Law](#), which protects people when you call 911 for help in the event of a suspected overdose.

# FIND HELP AND SUPPORT



- Visit the New York State Department of Health website to learn about [Drug User Health](#), including helpful information and resources, such as where to find syringes, naloxone or help for people who use drugs.
  - Check this list of [NYS-Authorized Syringe Exchange Programs](#) for a program in your area to access available services, including days and times.
- Find out about new [Recovery Services](#) from the NYS Office of Alcoholism and Substance Abuse Services (OASAS). 
- Learn more about [buprenorphine](#), a medication to treat opioid problems.
  - Find licensed medical practitioners authorized to prescribe buprenorphine (also known as Suboxone) through the Substance Abuse and Mental Health Services Administration's (SAMHSA) [Buprenorphine Treatment Practitioner Locator](#).
- Visit the [New York - Medication for Addiction Treatment and Electronic Referrals \(NY- MATTERS\) website](#) for assistance in being connected to community-based care. NY MATTERS is a statewide electronic referral platform that can streamline individuals to medications for opioid use disorder (OUD) and additional support services in their community.
  - Individuals can also utilize [the virtual emergency department](#) for evaluation via telemedicine and learn about proper home induction procedures if recently discharged from the emergency department (ED) with buprenorphine.
- Find residential and outpatient substance use disorder treatment programs and services in your area using the [New York State OASAS Treatment Availability Dashboard](#).



Call 2-1-1 to get help finding local resources such as emergency mental health or substance abuse care or treatment centers, or connection to a crisis hotline.



[BlackLine](#) provides a space for free peer support, crisis counseling, and to report incidents of negative police and vigilante contact for Black, Indigenous, and People of Color (BIPOC) and the LGBTQI community. Call or text 1-800-604-5841 for support or more information.



[Trans Lifeline](#) offers free, direct, emotional and financial support to trans people in crisis - for the trans community, by the trans community. Call 1-877-565-8860 for more information, resources or support.