PREVENTION
Stop opioid misuse before it starts

1. **Safe storage and disposal matters.** Keep all OTC and prescription medication in one location. Use a combination safe, locked cabinet, or locked drawer—not the bathroom medicine cabinet.

2. **Naloxone saves lives.** Also known as Narcan, this easy-to-administer drug stops opioid overdoses—and is available at many pharmacies.

3. **Have a dialogue with a doctor.** Ask about drug interactions with opioids, and alternate approaches to pain management.

Go to [drugfreect.org](http://drugfreect.org)
TREATMENT
Take the step

1. **There are effective approaches.** New medications and a “whole patient” perspective combine to offer treatment options that work.

2. **“Pain” isn’t just physical.** It can be emotional, or indicative of a mental health issue. Many people who misuse opioids suffer from depression or other mental health issues.

3. **Talk treatment with a doctor.** Ask about Medication-assisted Treatment, extended-release medications, and tapering plans.

Go to [drugfreeect.org](http://drugfreeect.org)
RECOVERY
Believe in it

1. **Recovery from opioid misuse and addiction is possible.** The combination of medication, counseling, and peer-based recovery support has been shown to work.

2. **Don’t go it alone.** Successful recovery often depends on a support system of trusted friends and family in addition to healthcare, treatment, and recovery professionals.

3. **Use the tools of recovery.** Learn how to access the resources needed to make a strong and lasting recovery.

Go to [drugfreetct.org](http://drugfreetct.org)
GET THE RIGHT RESOURCES

- Prevention & Wellness
- Treatment & Recovery
- Storage & Disposal
- Naloxone sources

Go to drugfreect.org

www.ct.gov/dmhas
www.ct.gov/dph

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