

# CARRY NARCAN



## YOU CAN SAVE A LIFE.

NATICK'S FIRST RESPONDERS ARE HERE TO HELP.

THE GOOD SAMARITAN LAW PROTECTS THOSE WHO CALL 911 TO SAVE A LIFE.

[WWW.MASS.GOV/MAKETHERIGHTCALL](http://WWW.MASS.GOV/MAKETHERIGHTCALL)

**TO GET FREE NARCAN TRAINING, CONTACT THE NATICK HEALTH DEPARTMENT: 508-647-6460.**

### Additional Resources

- **MA Substance Use Helpline: 800-327-5050**  
Mon.-Fri. 8 AM-10 PM; Sat.-Sun. 9 AM-5 PM  
[www.helpline-online.com](http://www.helpline-online.com)  
Free, confidential treatment navigation
- **Program RISE at Justice Resource Institute**  
508-935-2963, Mon.-Fri. 9 AM-5 PM  
1 Grant Street (Suite 100), Framingham  
Free Narcan & information on overdose prevention
- **Learn to Cope Meetings: Wednesdays @ 7 PM**  
Edward M. Kennedy Community Health Center  
354 Waverly Street (3rd floor), Framingham  
[www.learn2cope.org](http://www.learn2cope.org)  
Free Narcan & family support
- **SMOC Recovery Coaches**  
508-620-2343, Mon.-Fri. 9 AM-5 PM  
Free, confidential support from experienced Recovery Coaches for individuals in or wanting to be recovery from opioid use disorder.

The Natick Opioid Task Force is committed to assisting community members who are addicted to opioids, which include common prescription painkillers like OxyContin, Percocet, and Vicodin as well as street drugs like heroin. While we hope that those who struggle with a substance use disorder will find a path to recovery that works for them, recent increases in the numbers of overdoses indicate that we must take steps **now** to help our friends and neighbors who are not yet ready for treatment or who are in early recovery. **Here are some tips to reduce the risk of a fatal overdose:**

1. **Assume that all street drugs contain fentanyl**, a powerful opioid that can be lethal in very small amounts.
2. **Never use alone.** Make a plan with a friend about what each of you will do if the other person overdoses.
3. **Make sure to have Narcan (a.k.a. naloxone) handy.** This nasal spray can reverse an opioid overdose and is free to all Natick residents through a new pilot program funded by the MetroWest Health Foundation. Contact the Natick Health Department to make a confidential appointment for Narcan training: 508-647-6460. Additionally, Narcan is available at local pharmacies (co-pays may apply), Program RISE at the Justice Resource Institute and Learn to Cope.
4. **Do not mix substances.** Mixing opioids with substances such as alcohol or benzodiazepines (such as Xanax, Klonopin and Valium) is particularly risky.
5. **Use less after any period of abstinence or decreased use.** Individuals leaving treatment, hospitalization or incarceration are at particular risk of overdose. Even a few days away could lower your tolerance.
6. **If you are going to use, do not lock doors behind you.** Locked doors can prevent help from getting to you quickly.
7. **If you care about someone who has struggled with an opioid use disorder, check in on them by phone or text.** Share information with them about how to keep themselves safe, and let them know that you care about them.

**The best way to prevent an overdose is to avoid misusing opioids at all.**

For more information, contact Katie Sugarman, Prevention & Outreach Program Manager for the Town of Natick at 508-647-6623 or [csugarman@natickma.org](mailto:csugarman@natickma.org).

