

**CARRY NALOXONE  
STOP AN OVERDOSE**



**CARRY  
NARCAN.  
CALL 911.**

**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 8:00am-10:00pm

Sat-Sun 9:00am-5:00pm

[www.helpline-online.com](http://www.helpline-online.com)

Free, confidential treatment navigation.

**Program RISE at Justice  
Resource Institute (JRI)  
508-935-2960**

Mon & Fri 8:30am-3:30pm

Tues, Wed, Thurs 8:30am-6:30pm

1 Grant Street (Suite 100), Framingham

Free Narcan, overdose prevention & safe syringe access/needle exchange.

**Learn to Cope Meetings  
Wednesdays @ 7:00pm**

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  
508-232-8282**

Mon-Fri 9:00am-5:00pm

Free, confidential support from experienced Recovery Coaches for individuals in or wanting to be recovery from opioid use disorder.

Natick 180 is committed to assisting community members who are addicted to opioids, which include commonly prescribed painkillers such as OxyContin, Percocet, and Vicodin, as well as street drugs like heroin. In order to save the lives of friends and neighbors who experience opioid use disorder, 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 individuals at high risk of witnessing or experiencing an overdose (i.e. you are in recovery, you are actively using opioids, or you are a family member of someone with a history of opioid addiction) through the [Natick Health Department](#), [Program RISE at JRI](#) or [Learn to Cope meetings](#). Anyone in the general public can request Narcan at a local pharmacy (prescription co-pays may apply).

**4. Do not mix substances.**

Mixing opioids with substances such as alcohol or benzodiazepines (such as Xanax, Klonopin, and Valium) increases risk of overdose.

**5. Use less after any period of abstinence or decreased use.**

Individuals leaving treatment, hospitalization, or incarceration are at a greater risk of overdose. Even a few days of abstinence can lower your tolerance.

**6. When using, do not lock doors behind you.**

Locked doors can prevent help from getting to you quickly.

**7. Check in with someone who is struggling with an addiction by phone or text.**

Share information with them about how to keep themselves safe, and let them know that you care about them.

For more information, contact Natick 180 at [natick180@natickma.org](mailto:natick180@natickma.org) or (508) 647-6623.

