

# one act of courage

## STOP OPIOID ABUSE

**Help a friend. Share the facts.**

It begins with just one step.

One act of courage.

One honest conversation.

When it comes to preventing opioid misuse, you can make a difference.



Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes.<sup>1</sup>



Each day, more than 1,000 people are treated in emergency departments for not using prescription opioids as directed.<sup>2</sup>



In 2015 alone, 718 people in Washington died from overdoses involving opioids.<sup>1</sup>

## YOUR CHOICES MATTER

Never share an opioid prescription with someone else.

Treatment works. If you need help, call Washington Recovery Help Line at **1 (866) 789-1511**.

Dispose of unused medications safely at a take-back program near you. Find one at **TakeBackYourMeds.org**.

# KNOW THE FACTS

## What is an Opioid?

Opioids are a specific class of drugs commonly used to reduce pain.

The illegal drug heroin is an opioid, as are many pain relievers prescribed by doctors.

Opioids can negatively affect the reward center in the brain. Over time, a user may need more and more, making these drugs highly addictive.<sup>3</sup>

# OTHER PAIN RELIEF OPTIONS



If you are prescribed an opioid, talk with your doctor about other options.



Talk with a behavioral health provider about strategies that can help manage stress.<sup>2</sup>



Try physical therapy or other therapies such as acupuncture or massage.<sup>2</sup>

LEARN MORE AT

# GetTheFactsRx.com

Sources: <sup>1</sup>Washington State Department of Health

<sup>2</sup>Center for Disease Control and Prevention

<sup>3</sup>National Institute on Drug Abuse for Teens



Washington State  
Department of Social  
& Health Services

Transforming lives