



HELP IS AVAILABLE

BEHAVIORAL HEALTH RESOURCE CENTER OF DANE COUNTY

If you, someone you care about, or someone you are working with needs help finding mental health and/or substance use services in Dane County, contact the Behavioral Health Resource Center.

PHONE: (608) 267-2244

EMAIL: BHRC@CountyofDane.com

NEVER USE ALONE

Using substances alone increases the risk of overdose death. Never Use Alone is a free service to help people using substances stay safe.

Call when you are planning to use, provide your first name and location, and an operator will stay on the line. If you stop responding after using, emergency services will be notified of an “unresponsive person” at your location. No judgment. No shaming. No preaching. Just love!

PHONE: (800) 484-3731

WEBSITE: NeverUseAlone.com

SYRINGE SERVICES PROGRAM

Public Health Madison & Dane County provides free safer drug use supplies and safe disposal of used sharps.

Available at these locations from 8:30am-4:30pm:
210 Martin Luther King Jr. Blvd. Suite 507
2705 E. Washington Ave.
2300 S. Park St. Suite 2010

NALOXONE & NARCAN®

Public Health Madison & Dane County provides free injectable naloxone and nasal Narcan®

Available at these locations from 8:30am-4:30pm:
2705 E. Washington Ave.
2300 S. Park St. Suite 2010

You can also ask a pharmacist about Narcan®



www.PublicHealthMDC.com

Health@PublicHealthMDC.com

(608) 266-4821 (All languages)

(608) 243-0380 (Español)

Working with the community to enhance, protect, and promote the health of the environment and the well-being of all people.

STOP OVERDOSE!

You are valuable.
We want you to stay alive.





MAJOR RISKS



MIXING opioids, downers, uppers, benzos, prescription medications, and/or alcohol increases your risk for overdose. If it makes you feel different by itself, don't mix it!



ALONE: Using alone is dangerous. No one is there to look out for you or call for help. You can't Narcan® yourself!



LOW TOLERANCE: If you have not used in a few days, weeks, months, or years—you cannot use as much as you used to. Your tolerance level has changed.

PREVENTION



START LOW. GO SLOW.

You can always do more. You can never do less. Fentanyl is a very dangerous opioid being mixed into all types of drugs, including fake prescription pills.



USE WITH A FRIEND

Even having someone on the phone while you use, or someone to call and check in on you a couple of minutes after you use may help save you!



HAVE A SAFETY PLAN

Public Health harm reduction staff can help you create your plan to stay safe. Ask for Heidi at 2705 E. Washington Ave. or Kathy at 2300 S. Park St. Suite 2010.



SAFETY TIPS



TEST YOUR DRUGS

Fentanyl is a very dangerous opioid being mixed into all types of drugs, including fake prescription pills and cocaine. Testing for fentanyl before you use can save your life!



HAVE NARCAN®

Make sure the people you hang out with also have Narcan®. It is easy to use and free from Public Health.



DON'T MIX

Mixing any drugs increases your risk for overdose. This includes mixing alcohol, mental health medication, pain medication, or addiction management medication. Remember: Narcan® only works on opioid overdoses.