

about fentanyl to a friend How to talk

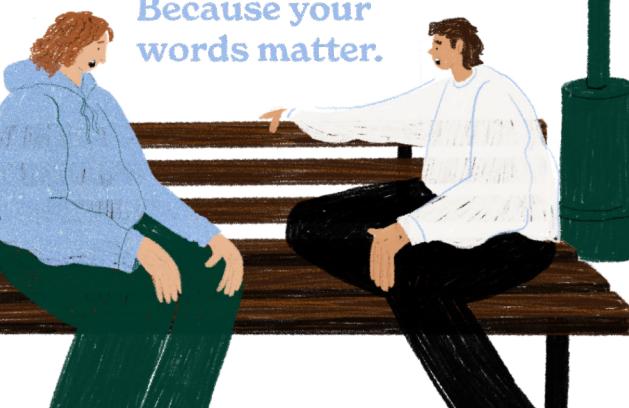


When my friend was struggling with drug use, I didn't know what to do or say, but I knew I wanted to help.

So, I learned more, and I talked to them. It was awkward at first, but it got easier.

If you're worried about a friend, I wrote this to help you start a conversation of your own.

Because your words matter.



What you need to know

- Fentanyl is a powerful, fast-acting drug. It can be mixed into other drugs like cocaine and MDMA.
- It is also mixed into fake pills that look like real OxyContin, Adderall, Percocet, and Xanax.
- Even if it isn't called fentanyl, a pill or powder can still have fentanyl in it.
- Any amount of fentanyl can cause an overdose or death.



Worried about a friend?

Here are some signs to watch out for:

Body

- Excessive sleepiness
- Very small or "pinpoint" pupils
- Slurred speech
- Scabs from scratching

Brain

- Increased anxiety or depression
- Trouble remembering things
- Confusion

Behavior

- Pulling away from friends
- Big mood swings
- Being secretive

Convo starters

"How are you feeling?"
"You haven't seemed like
yourself lately."

"We haven't talked in a while."
"How are you?"

"I'm worried about you."
"How can I help?"

You can talk to an adult you trust.
You also don't have to handle this alone.
If they do, it's OK to try again another time.
Your friend might get mad or defensive.



Convo tips

- Keep it casual. Take a walk or give them a call.
- Ask open-ended questions and really listen.
- Share facts about fentanyl and fake pills.

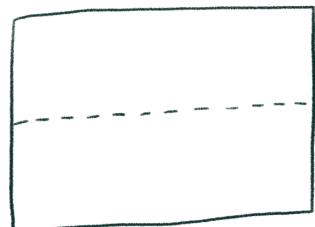
Find information at WAFriendsForLife.com

- Ask them to carry naloxone (Narcan).

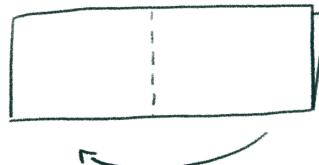
Naloxone is a medication that reverses opioid overdoses.

- Let them know you care and want them to be safe.

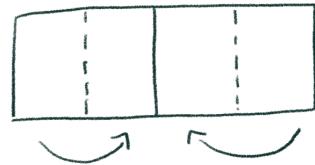
How to assemble



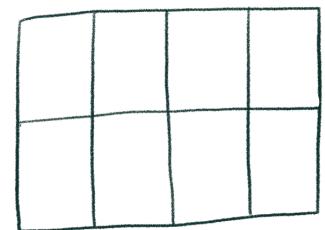
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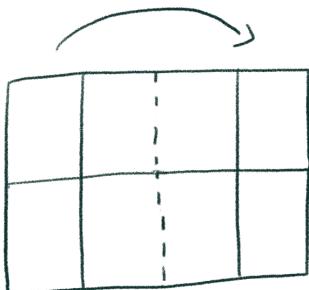
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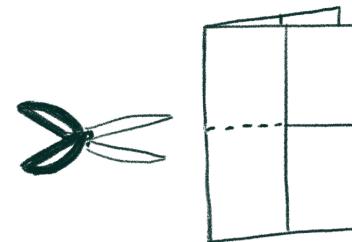
3. Fold sides in



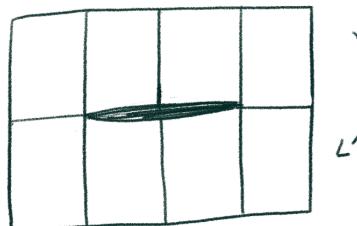
4. Unfold



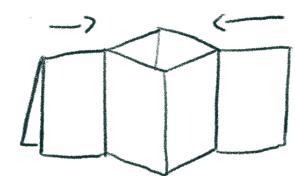
5. Fold in half



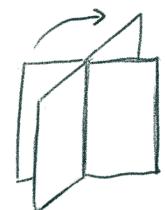
6. Cut the middle fold line halfway



7. Unfold and fold lengthwise



8. Push sides in



9. Fold into booklet



10. All done