

SAFETY PLAN

Staying alive is the first step.

Before you start

It helps to have a blank notebook to write the plan in, pens, and naloxone.

If you are helping someone else

Get to know them as a person first. "How are things going?" Then: "How are your drugs? What's great about them? What's not? How about we write a plan to keep you safer and healthier?"

— START HERE

The top three, if you are short on time

If there is more time, work through the full plan on the next page.

1 Who can you use with, or near? When?

Contact information and a schedule.

2 How can you reduce your risk of overdose?

Naloxone plan. Start low, go slow. Do not mix.

3 Who will check in with you, and who can you get help from?

Contact information.

If you use alone, call the Never Use Alone line and someone will stay on the phone with you.

800-484-3731

Never Use Alone

Work through these when you have more time

Make a schedule

The goal is a schedule that makes your supply and use predictable and safer. How many times a day do you use? How consistent and affordable is that? How long can you go between doses? What schedule leaves you a wake-up dose?

Use with a buddy, not alone

Who will you use with? Where can you use more safely with others around? What will you do if they are not around?

Always carry naloxone

Do you have naloxone, and how will you keep it with you? What does using it look like for you — and if you are alone? Has yours expired?

Tolerance changes

If you have not used in a while, your body cannot handle the same amount as before. Write down what you will do differently.

Start low and go slow

What methods do you use to lower the chance of overdose? Are you willing to stop using needles?

Avoid mixing

"I will avoid mixing..." (alcohol, benzodiazepines, opioids). Or: "If I mix, I will keep track of what I am taking by writing it in my notebook."

Buy from people you trust

Where can you find drugs someone you know already has experience with? Will you test for fentanyl, knowing a strip will miss some types?

Protect against infections

If you inject, where will you get sterile needles and syringes? Where will you get condoms, vaccines, and masks? If you have been exposed to HIV, where can you get PrEP or PEP?

Staying healthy means...

For example: resting in the afternoon, sleeping seven hours, drinking as much water as I can, buying yogurt, nuts, and apples when money for food is short.

Contacts for people who will help

Name, phone number, where they are, what they help with, and how often you will see each other.

NAME	PHONE	HOW THEY HELP	HOW OFTEN

What to include in a drug journal

- › What was used, how much, and how often
 - › How you feel, or felt at the time
 - › Anything else about your health and life
- › Symptoms, good and bad, including withdrawal
 - › Incidents and experiences that affect your use
 - › Any changes you make to your plan

WHEN YOU ARE READY

When you want to learn more, or you are ready to start substance use treatment, contact Hope Council. There is no cost to ask.

(262) 658-8166

info@hopecouncil.org