

# Substance Use Prevention and Treatment Resources

## Recognize Symptoms of an Overdose

- Person is unconscious or not waking up
- No response to shouting or rubbing knuckles on chest
- Person is not breathing or struggling to breathe
- Snoring, choking, or gurgling sounds
- Pinpoint or small pupils

## Take Action

1. Call 9-1-1
2. Give naloxone
3. Start rescue breathing



## GET NALOXONE

### Q: What is naloxone?

**A:** Naloxone (or Narcan®, a brand name for naloxone nasal spray) is a lifesaving drug that reverses the effects of an opioid overdose.

**new jersey  
harm reduction  
coalition**

Call or text **1-877-4NARCAN** for FREE naloxone and other harm reduction supplies to be mailed to you confidentially.



[njharmreduction.org](http://njharmreduction.org)



## NALOXONE 365

NJ residents can obtain naloxone freely and anonymously from participating pharmacies.



[nj.gov/humanservices/stopoverdoses](http://nj.gov/humanservices/stopoverdoses)

## FIND TREATMENT



ReachNJ connects individuals who need counseling to live, trained addiction experts who answer the 24/7 hotline and get callers help, regardless of insurance status.



[reachnj.gov](http://reachnj.gov)



Call **877-696-1996** to speak to a non-judgmental peer operator available 24/7 who has lived experience with Substance Use Disorder.



[neverusealone.com](http://neverusealone.com)