

Looking for information? Ready for a change?  
We're here to help.

# POCKET RESOURCE GUIDE

SKY VALLEY

www.SnohomishOverdosePrevention.com

SNOHOMISHOVERDOSEPREVENTION  
A COMMUNITY COMING TOGETHER TO STOP  
SNOHOMISH COUNTY'S OPIOID EPIDEMIC

## Help Lines and Treatment Resources



**WA Recovery Helpline:** Call or text 1-866-789-1511



**Never Use Alone:** 1-800-484-3731



**Suicide & Crisis Lifeline:** Call or text 988



**Teen Link:** Call or text 1-866-833-6546

For a list of local treatment/recovery resources, Visit <https://snohomishoverdoseprevention.com/find-treatment-or-support/> or scan the QR code.



**Prevent Opioid Misuse**  
locking bottle, box, or cabinet. **Take back** unused, unwanted, or expired medications. Call 1-844-633-7765 or scan the QR code to visit [www.med-project.org/](http://www.med-project.org/) locations.

**Talk with your doctor** about less-addictive options for pain. **If you need opioid medication** for pain, ask your doctor about using a low dose for a short time. Get Narcan to take home. **Lock your meds**—over-the-counter and prescription—in a

## Sky Valley Treatment Resources

- Medication-assisted treatment (MAT), assessment, residential inpatient, day treatment, outpatient, detox services, pregnant women's services
- **Recovery Center EvergreenHealth Monroe** (360) 794-1405
- MAT, chemical dependency services, mental health services
- **Sea Mar Behavioral Health Monroe** (360) 805-3122
- MAT, psychotropic medication management, counseling
- **Conquer Addiction Monroe** (360) 453-7715
- MAT, psychotropic medication management, counseling
- **Compass Health Monroe** (360) 419-7530
- Wraparound teams provide comprehensive behavioral health services and support to Medicaid-eligible individuals, up to 20 years of age, with complex behavioral health needs and their families.
- **Ideal Option** 1 (877) 522-1275
- MAT, outpatient services, behavioral health services referrals

# Signs & Symptoms of an Overdose

- Pale, clammy skin
- Not breathing/very shallow breathing
- Deep snoring or gurgling
- Unresponsive to name, shaking, etc.
- Slowed heartbeat/pulse
- Blue or ashy fingertips and lips
- Small pupils

If someone is making odd sounds while asleep, wake them. If they don't respond, shake them, call their name, or rub your knuckles over their breastbone.

Never let someone "sleep it off."

## Responding to an Overdose

**1. Call or have someone call 911.** The Good Samaritan Law protects you and the person who overdosed from drug possession charges.

**Narcan lasts 30-90 minutes.** It's possible for someone to slip back into an overdose after Narcan wears off. A medical center can continue treatment.

**2. Give 1 dose of Narcan**

- Open package and remove device. Place your thumb on the plunger and two fingers on the nozzle. Do not test or prime the device.
- Press the tip of the nozzle into either nostril until your fingers touch the bottom of

the person's nose.

- Press the plunger firmly to release the dose.

**3. Wait 3 minutes.** If they're unresponsive, give a second dose in the other nostril.

**4. If they are not breathing** and you have CPR training, start CPR.

**5. If they are breathing,** place them in the recovery position. Do not leave them alone unless absolutely necessary.

**6. It's common to feel withdrawal symptoms** and confusion after getting Narcan. The person may not remember what happened. Try to keep them calm until help arrives.

## Where to get more Narcan

**Find Narcan near you,** or have it confidentially mailed for free. Use the QR code to go <https://stopoverdose.org>.



**From a pharmacy:** No prescription needed.

Washington has a Statewide Standing Order that acts as a universal prescription.

**Private insurance:** Ask your insurance company about coverage and co-pay.

**Medicaid:** Narcan is free, with no limits to requesting additional boxes.

## For Current Drug Users

**Never use alone.** Carry Narcan. Tell anyone with you where to find your Narcan.

**Use your substance slowly.** Start with small amounts. Stop or take less if something feels off.

The Sound Pathways Syringe Service Program offers harm reduction supplies, 1:1 syringe exchange, referrals, and more. Scan the QR code to visit <https://www.facebook.com/syringeservices>.

