FRIENDS FOR LIFE
PREVENT OVERDOSE

Washington State Health Care Authority

Your Guide to the Post-Overdose Support Toolkit

With input from people with lived experience and in partnership with Health Management Associates (HMA), the Washington State Health Care Authority (HCA) made a toolkit and this companion resource to "help the helpers." To the parents, siblings, friends, loved ones, and caretakers of those who have survived an overdose and find yourself asking, "What's next?" - this is for you.

Read the toolkit:
loom.ly/LZ8dc4Q

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Overdose is a disruptive, painful experience

- There are actions you can take to prepare, but overdoses are unexpected and jarring.
- Your feelings may differ from that of your loved one who experienced an overdose. Both of your experiences are valid.
- Withdrawal is a likely outcome following an overdose survival for people with an opioid dependence. Stigma can make it difficult to access treatment for withdrawal. Find medication or a clinic with the MOUD locator: **search.warecoveryhelpline.org**

This toolkit recommends strategies to address stigma, as well as manage withdrawal.

Your loved one deserves compassion and respect

- People don't need to hit rock bottom to receive care. They should be supported regardless of their readiness to change.
- If your loved one is in withdrawal following an overdose, there are available treatments.
- The most effective communication and intervention strategies to promote change center dignity, autonomy, and respect.

This toolkit provides tangible and practical support to help you have effective conversations with your loved one after an overdose.

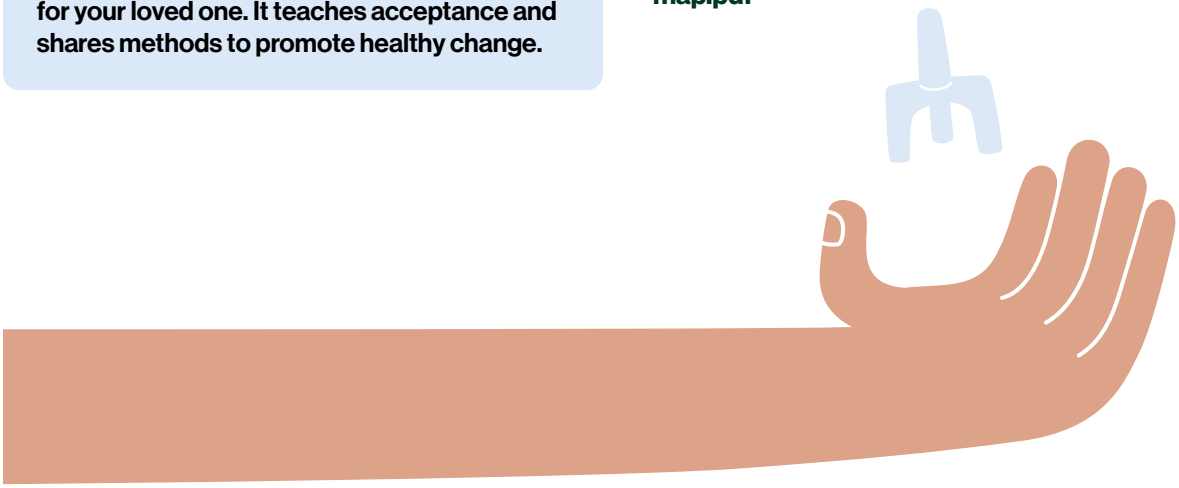
There are tools for you and your loved one to heal in the aftermath of an overdose

- Peer support for you and your loved one is available and effective (**hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/peer-support-and-counseling**).
- Be kind to yourself and set healthy boundaries. Healthy boundaries protect you and your loved one from challenges such as mismatched expectations.
- Change takes time. It is more successful when love, respect, and support are offered all along the way.

This toolkit recommends supports for you and for your loved one. It teaches acceptance and shares methods to promote healthy change.

There are ways to remain prepared

Repeat overdoses are a possibility, particularly after not using for a while. Always carry naloxone, and ensure you are comfortable using it. Find naloxone: **doh.wa.gov/you-and-your-family/drug-user-health/naloxone-finder**

This toolkit provides training and resources to prepare you to respond in the event of an overdose.

Find more information about treatment resources with our resources map: **hca.wa.gov/assets/program/82-0661-harm-reduction-resources-map.pdf**