

How can I help someone who overdoses?

- Make sure you're in a safe environment
- Try and wake person by shouting and shaking them gently
- Call 999 and ask for an ambulance
- Place them in recovery position
- Use Naloxone (your training will explain you give as much as you need to, to save a life!)
- Stay with them and wait for the ambulance



Real life

"My partner come out of prison Christmas eve. I met him at the drug service and was trained in naloxone and given a kit. That night he overdosed in front of me. I used the naloxone kit and remembered the training that I was given. The ambulance staff said I saved his life."

Partner of service user

Naloxone and the law

Under regulations that came into force in October 2015, people employed or engaged in the provision of drug treatment services can, as part of their role, supply naloxone that has been obtained by their drug service to others, as long as it is supplied for the purpose of being available to save life in emergency.

A prescription is not needed for the naloxone to be supplied in this way.

Although the regulations do not allow those individuals who have been supplied the naloxone to supply it on to others for their possible future use at a later date, it remains the case that in an emergency situation anyone can use any available naloxone to save a life.

Find out more

If you would like more information or support on naloxone please contact us at Inclusion Recovery Hampshire.

Information is also available at:

NHS Website: www.nhs.uk

Talk to Frank Website: www.talktofrank.com

HOW TO CONTACT US

NORTH: 01782 639856
StarsNorth@mpft.nhs.uk

EAST: 01283 741053
StarsEast@mpft.nhs.uk

WEST: 01785 270080
StarsWest@mpft.nhs.uk

Or visit: www.staffstars.org

You. Me. Us

This leaflet was created by:   Part of Midlands Partnership University NHS Foundation Trust Find out more at www.inclusion.org

Naloxone

Carry a kit.
Save a life.



 STaRS

 @Staffs_TaRS

 www.staffstars.org

What is naloxone?

Naloxone is a drug which temporarily reverses the effects of opiates/opioids such as heroin, methadone and morphine.

- For many years it has been used within emergency medical settings to prevent death.
- In October 2015, new regulations came into force which allows for the widening of naloxone availability.
- Naloxone can be supplied to anyone in the course of lawful drug treatment services where required for the purpose of saving life in an emergency.
- It only reverses the effects of opiates/opioids (not alcohol or benzodiazepines).

How does naloxone work?

The main life-threatening effect of heroin and other opiates/opioids is to slow down and stop breathing. Naloxone blocks this effect.

- It's quick-acting within 2-3 minutes.
- Reversal is temporary - wears off after 20-30 minutes - so you must always call an ambulance and seek emergency help.

Overdose facts:

- Opioid overdose causes respiratory depression and can lead to death
- Opioids include heroin, methadone, buprenorphine, diamorphine, morphine, codeine, dihydrocodeine etc
- 75% of overdoses are witnessed by others
- Most overdose deaths happen in the company of others
- Following heroin overdose, death is not always immediate and can take up to 3 hours

Where can you get naloxone?

We value the importance of providing training and kits to individuals who use our services. We also train loved ones and other professionals who have regular contact with individuals who use opiates/opioids as it gives them the knowledge and confidence to act should they witness an overdose situation.

Some of the groups of people we train are;

- Police
- Service users
- Pharmacies
- Front-line workers
- Hostel workers
- Family, carers and friends
- Housing staff

In short, we will train everyone who may be faced with an overdose situation so you have a kit and know how to use it, should you need to save a life.

If you think you would benefit from being trained please ask in service.



Those at risk of overdose

There are a number of factors that increase risk of overdose which you should try and avoid:

- Injecting drugs
- Mixing drugs (particularly opioids, benzodiazepines and alcohol)
- Using drugs alone
- Change in strength of drugs
- Change of source of drugs
- Loss of tolerance

Risky times

There are a number of times when people are most at risk from overdosing:

- Leaving prison
- Leaving hospital
- Leaving detox
- Leaving rehab
- At the start and end of substitute prescription
- During stressful times
- When homeless or in temporary housing

