



**“I’m
here
for
you.”**

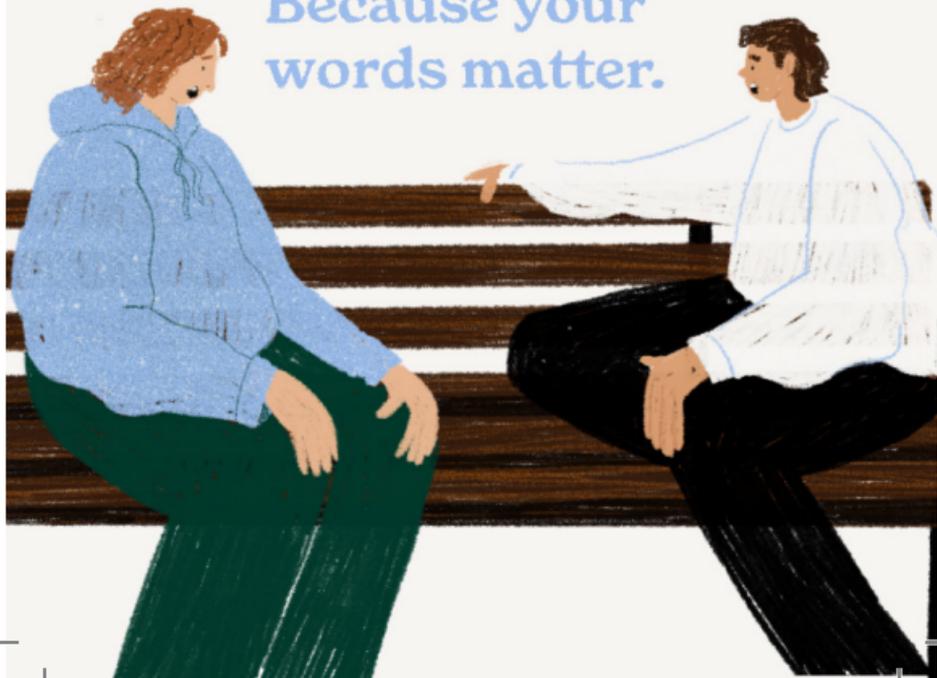
**How to talk
to a friend
about fentanyl**

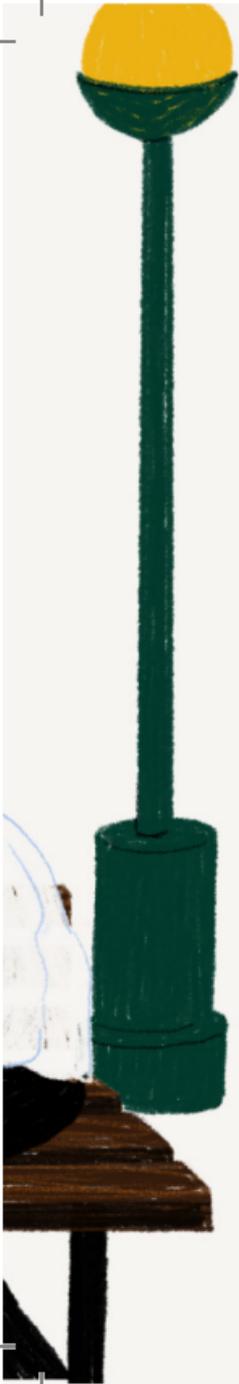
When my friend was struggling with drug use, I didn't know what to do or say, but I knew I wanted to help.

So, I learned more, and I talked to them. It was awkward at first, but it got easier.

If you're worried about a friend, I wrote this to help you start a conversation of your own.

Because your words matter.





What you need to know

- Fentanyl is a powerful, fast-acting drug. It can be mixed into other drugs like cocaine and MDMA.
- It is also mixed into fake pills that look like real OxyContin, Adderall, Percocet, and Xanax.
- Even if it isn't called fentanyl, a pill or powder can still have fentanyl in it.
- Any amount of fentanyl can cause an overdose or death.

Worried about a friend?

Here are some signs to watch out for:

Body

- Excessive sleepiness
- Very small or “pinpoint” pupils
- Slurred speech
- Scabs from scratching

Brain

- Increased anxiety or depression
- Trouble remembering things
- Confusion

Behavior

- Pulling away from friends
- Big mood swings
- Being secretive



Convo tips

- Keep it casual. Take a walk or give them a call.
- Ask open-ended questions and really listen.
- Share facts about fentanyl and fake pills.

Find information at
WAFriendsForLife.com



- Ask them to carry naloxone (Narcan).



Naloxone is a medication that reverses opioid overdoses.

- Let them know you care and want them to be safe.



Convo starters

**“How are you?
We haven’t talked in a while.”**

**“You haven’t seemed like
yourself lately.
How are you feeling?”**

**“I’m worried about you.
How can I help?”**

**“Is there anything you want to
talk about? I’m here for you.”**

**Your friend might get mad or defensive.
If they do, it’s OK to try again another time.**

**You also don’t have to handle this alone.
You can talk to an adult you trust.**

Ways to help prevent an overdose:



**Test pills and powders
using fentanyl test strips.**

Buy strips at dancesafe.org/shop



**Share the Never Use Alone hotline:
1-877-696-1996.**

Volunteers stay on the phone while a caller uses
drugs and call 911 if the person stops responding.

**Avoid mixing drugs
(or drugs and alcohol).**

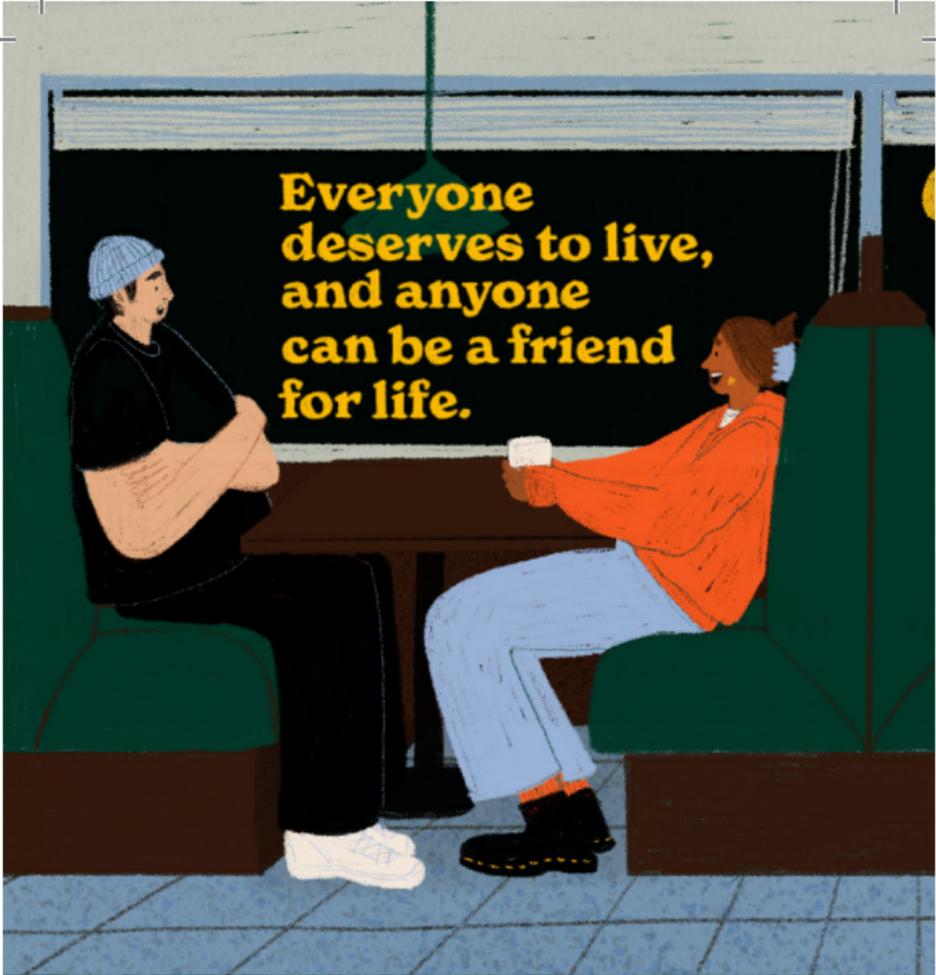
It makes an overdose more likely.

Carry naloxone (Narcan).

**Call, text, or chat
the 988 Lifeline.**

988lifeline.org/get-help





**Everyone
deserves to live,
and anyone
can be a friend
for life.**

Visit WAFriendsForLife.com to:



- Find naloxone
- Learn to recognize and respond to an overdose
- Get treatment and recovery resources