



**“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](http://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](https://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](https://988lifeline.org/get-help)





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

**Visit [WAFriendsForLife.com](http://WAFriendsForLife.com) to:**



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