

The number of opioid painkillers prescribed has fallen by 8%, which is estimated to have saved nearly 350 lives and prevented more than 2,100 incidents of patient harm



## THE FACTS

Opioids are a group of drugs that range from codeine, to illegal drugs like heroin.

They are intended to be used for a limited period of time to treat pain that does not respond to standard painkillers like aspirin, ibuprofen and paracetamol.

They work by attaching to opioid receptors in your brain cells to release signals that block your perception of pain and boost your feelings of pleasure.

The feelings of pleasure that result from taking an opioid can also make people want to continue experiencing those feelings, which can contribute to psychological dependence on the drugs.

If you are concerned regarding your opiate use, please scan the QR code below or call 01253 311431



For 25s and over



If you require this information in another format, please let us know



For under 25s

# RISK AND HARM REDUCTION

Some street drugs, including prescription drugs, have been contaminated with the synthetic opioids Fentanyl and Nitazenes. These are very strong and have led to an increase in deaths caused by overdose.

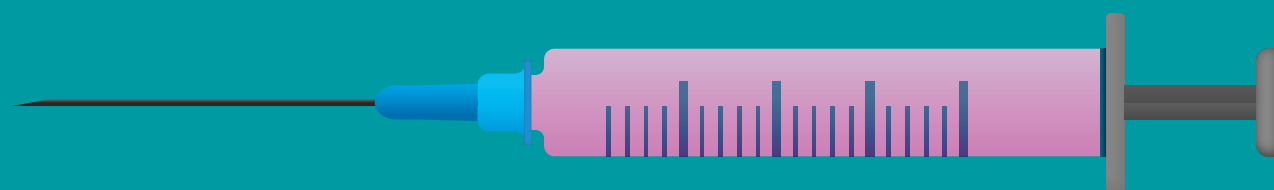
Start with a small amount and wait to feel the peak effects before taking more. If you are using pills that have not been prescribed, try cutting them into smaller pieces.

## CARRY NALOXONE AND DO NOT USE ALONE!

Naloxone is a medicine that rapidly reverses an opioid overdose. It blocks the effects of other opioids. It is easy to administer and available from services, using our QR code. Always make sure to ring an ambulance as soon as possible.

If you are injecting, or smoking, be sure to make use of needle exchange services. You will be provided with clean needles and other equipment to prevent the transmission of HIV and Hepatitis.

To find out where to access needle exchange services, please speak to a member of staff, or contact the number below.



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