

# PREVENT ACCIDENTAL & INTENTIONAL OVERDOSE



Lock

Keep medications out of sight and in a safe and secure place, such as a lock box.



Monitor

Monitor your medications. Count pills so you are immediately aware if any are missing.



Dispose

Dispose of all unused and expired prescription medications properly.

## WHAT TO LOOK FOR

### Opioid Overdose

- Small, constricted “pinpoint pupils”
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

### Stimulant Overdose

- Restlessness
- Tremors
- Overactive reflexes
- Rapid breathing
- Confusion
- Aggression
- Hallucinations
- Panic
- Increased fever
- Muscle pain & weakness

### Suicide Warning Signs

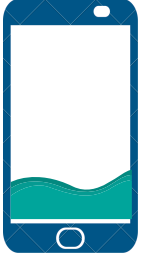
- Talking about wanting to die or to kill themselves, feeling hopeless or having no reason to live, feeling trapped or in unbearable pain, being a burden to others
- Looking for suicide methods
- Previous suicide attempts
- Increasing risky behaviors including an increase use of alcohol or drugs
- Physical agitation
- Acting anxious or agitated
- Outbursts of anger & rage
- Change in sleep patterns; nightmares
- Withdrawing or isolating themselves
- Dramatic mood changes

**The Idaho Suicide Prevention Hotline is available 24 hours a day, 7 days a week.**

**Call, chat or text  
1-208-398-HELP (4357) or  
IdahoSuicidePrevention.org**

# WHAT TO DO

## In an Overdose or Suicidal Crisis



1. Call 911
2. Stay nearby
3. Wait for EMS

**Give rescue breaths** if the person is unresponsive or if there is difficulty breathing.

**Administer Naloxone** if available and suspecting opioid overdose.

**Naloxone** is a medication that can reverse an opioid overdose. Speak to your doctor or a pharmacist about naloxone. In Idaho, naloxone can be asked for without a prescription.

**Do not wait to get help**, Idaho Good Samaritan Law protects people acting in good faith seeking or needing medical assistance for drug related overdose.

## RESOURCES

### National Substance Use Helpline

1-800-662-HELP (4357)

### BPA Health

1-800-922-3406

### Idaho CareLine

2-1-1

### Idaho Suicide Prevention Hotline

Call or Text 1-208-398-HELP (4357)

### National Suicide Prevention Lifeline

1-800-273-TALK (8255) For Veterans | Press 1

### Mobile Crisis Unit

1-208-334-0808 | Press 2

### Pathways Community Crisis Center of Southwest Idaho

7192 W Potomac Dr, Boise, ID 83704

1-208-489-8311

Visit [cdh.idaho.gov](http://cdh.idaho.gov) to learn more about resources in your area.