

If you could save a life, would you do it?

Many Mainers across the state are impacted by substance use. It could be a loved one, neighbor, co-worker, or yourself. Substance use disorder is a chronic condition that changes the way your brain works, making it difficult to stop using. It can happen to anyone, and shame and blame only makes it harder for someone to seek help.

How can you help?

- ❖ Learn the signs of an overdose.
- ❖ Carry naloxone and learn how to use it.
- ❖ Call 9-1-1 immediately if you think someone is experiencing an overdose.
- ❖ Learn how you can reduce stigma related to substance use and support those around you.

Visit [KnowYourOptions.ME](https://www.knowyouroptions.me) or call 2-1-1 to learn more, find naloxone, and contact your local OPTIONS Liaison for support.



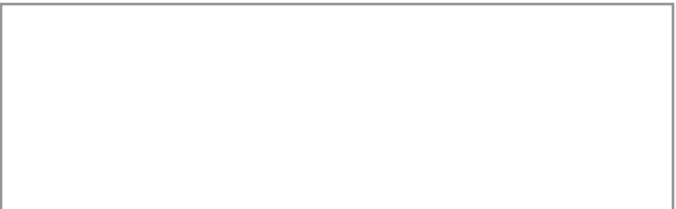
OPTIONS

SAVE LIVES

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The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative is a coordinated effort of the Maine Office of Behavioral Health (OBH) and other state agencies to improve the health of Mainers with substance use disorder. OPTIONS supports treatment, harm reduction, and recovery, and aims to reduce the number of fatal and non-fatal drug related overdoses.