

STAYS SAFE GET WELL STAY WELL

OPTIONS Liaisons

Wherever you are on your journey, support is available from your local OPTIONS Liaison.

If you or a loved one are ready to make a change related to substance use, reach out to your local OPTIONS Liaison. Support is available free of cost to all Mainers.

COMMUNICATION:

Liaisons listen to what you want to do about your health and wellness. They can assist you in finding ways to stay safe and well, no matter where you are with substance use.

CONNECTION:

Liaisons are a bridge to resources. They connect you to support, supplies and services that will be a good fit for you.

CARING:

Liaisons are there for you and your loved ones, wherever you are on your journey. Your Liaison will not judge or tell you what to do.



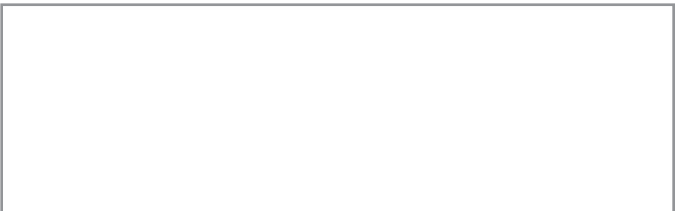
OPTIONS

SAVE LIVES

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I LOVE SOMEONE WHO USES SUBSTANCES.

The drug supply today is unpredictable. If you or a loved one are using substances, take steps for safer use.

6 Safety Tips for Substance Use:

- ❶ Connect with your local Syringe Service Provider for sterile supplies and other resources, education, support and wound care. Search for one near you at **KnowYourOptions.ME/resources**.
- ❷ Connect with your local OPTIONS Liaison for nonjudgmental support and resources. See reverse side for details.
- ❸ If you are using substances, let someone know or use with people you can count on in case of an accidental overdose. If you are alone, use the MA Overdose Prevention Helpline (serving Maine; formerly Never Use Alone) at (800) 972-0590. **www.massoverdosehelpline.org**.
- ❹ Carry and share naloxone with the people around you, use it and call 9-1-1. Find free naloxone at **GetMaineNaloxone.org**.
- ❺ Always call 9-1-1. Maine's Good Samaritan Law protects anyone who is overdosing, and anyone seeking medical assistance, from being arrested or prosecuted for most crimes, including all drug crimes. Learn more at **KnowYourOptions.ME/good-samaritan-law/**.
- ❻ Learn more about safer use practices like starting slow, using alternatives to injection, testing for fentanyl, and using only one drug at a time. Learn more at **KnowYourOptions.ME/safer-drug-practices**.

Everyone's path is unique. Know your **OPTIONS** to stay safe, get well and stay well.

KnowYourOptions.ME or call 2-1-1.

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.