

SUPPORT LINES:

800-943-0540 Mandy's line

Call if you're struggling with a substance use disorder, and need someone to talk to that understands. All operators have lived experience with SUD, and can relate to what you're going through.

We're just here to listen, and offer feedback when requested.

800-484-3731 Never Use Alone

Volunteer run hotline to prevent overdoses and save lives. Your information is never stored and always confidential. You will be asked your name and exact location, and the substance you are using. This information is needed so operators can send emergency assistance to your location if needed.

(866) 488-7386 Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to LGBTQ youth and young adults, ages 13–24, over the phone, online and via text. Available 24/7, 365 days a year.

TrevorText: Text the word "START" to (678-678) to text with a trained counselor.

Responding To Overdose Stay Calm & Know the Signs

Unresponsive

Slow or shallow breathing
Not breathing (blue, gray or pale skin)
Snoring or gurgling sounds

What next?

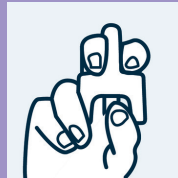
Try to wake the person up.
SHOUT "I'm going to Narcan you"
Rake your Knuckles across their sternum.

Call 911

"Someone is unresponsive"
Give the dispatcher your exact location.



How to Administer Naloxone



Step 1:

Remove Naloxone from packaging and hold with thumb, first and middle finger



Step 2:

Insert tip into either nostril and press plunger firmly



Step 3:

Perform rescue breaths for 2 minutes. If the person is still unresponsive repeat all steps and administer another dose of Narcan.

Remember

Naloxone's only function is to reverse an opioid overdose
It has no effect if opioids are not present
No known negative side effects and no potential for misuse

HARM REDUCTION RESOURCE LIST

INLAND EMPIRE HARM REDUCTION
951-446-0983
@INLANDEMPIREHARMREDUCTION

DRUG RESOURCES:

Dancesafe.org

Peers educating peers and promoting health and safety within music and nightlife communities

Drugsand.me

Your source for safer, smarter and healthier drug use.

Endoverdose.net

An organization based in Los Angeles, California working to end drug-related overdose deaths through education, medical intervention, and public awareness.

Adf.org.au

Alcohol and Drug Foundation is Australia's leading organization committed to inspiring positive change and delivering evidence-based approaches to minimize alcohol and drug harm.

DRUG RESOURCES:

Erowid.org

Educational nonprofit; accurate info about psychedelics & other psychoactive drugs to educate, reduce harm, & enhance benefits. Erowid.org.

Trip safe.org

TripSafe is an educational website about psychedelics - including LSD, Shrooms (Psilocybin/Magic Mushrooms), and others.

ROLLSAFE.ORG

RollSafe has information on MDMA - a.k.a. "Molly" or "Ecstasy."
RollSafe is concerned with public health and the safety of people. If you're going to use MDMA, please do your research.

LOCAL RESOURCES:

Riverside Area Rape Crisis Center
@rarcc_support
24 Hour support line 951-686-7273

Rainbow Pride Youth Alliance
@rainbowprideyouthalliance
LGBTQ+youth support groups & free resources

SBX
@sigmabetaxiinc
youth and family services

Inland Empire Prism Collective
@ieprismcollective
Connecting LGBTQ+ youth to safe Spaces

TruEvolution
@truevolutioninc
Testing, Healthcare, Housing

Transgender Wellness
@transhealthandwellnesscenter
Specialized services to the gender diverse community

WHAT TO EXPECT FROM THESE RESOURCES

The programs and resources listed provide care or information that is accurate and non judgmental. Use these resources to educate yourself so you can make rational and safer educated decisions .