

# Be

## act of courage

### **STOP OPIOID ABUSE** **Your choices matter**

- ✓ Opioids can be highly addictive. Talk with your doctor about other options.
- ✓ Never share an opioid prescription with someone else.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at [TakeBackYourMeds.org](https://www.TakeBackYourMeds.org).
- ✓ Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (866) 789-1511.

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup>

Opioids are a leading cause of injury related deaths in our state – more than car crashes.<sup>1</sup>

Opioids negatively affect the reward center in the brain. Over time, a user needs more and more. This makes them highly addictive.<sup>2</sup>

You can make a difference.  
Help a friend.  
Share the facts.

Learn more at  
**[WATribalOpioidSolutions.com](https://www.WATribalOpioidSolutions.com)**

<sup>1</sup>Source: Washington State Department of Health

<sup>2</sup>Source: National Institute on Drug Abuse