



culture is  
prevention

Opioid misuse is preventable  
We all play a part

Connecting to our culture and each other  
makes us stronger, especially when times  
are challenging.

## **Build strength and resilience:**

- ✓ Participate in cultural activities that bring you joy and connection
  - ✓ Make time to connect with your friends, relatives and elders
  - ✓ Find healthy ways to manage stress like carving, beading, dancing, singing
  - ✓ If you are worried about a friend, ask them how they are doing
  - ✓ If you are worried about yourself, reach out for help
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## **Call the Washington Recovery Help Line**

**1.866.789.1511**

Call 24/7/365 | Text M-F 9am-9pm

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## **Help keep our community strong**

- ✓ Never share an opioid medication with someone else
- ✓ Have a conversation with your friends and family about the dangers of opioids
- ✓ Ask about other ways to manage pain
- ✓ Lock up your medications

Dispose of old or unused medications to keep your family and the environment safe.

Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.

**Learn more at**  
**WATribalOpioidSolutions.com**