

# Substance misuse is a Community Health issue, and together WE can make a positive change.



In 2022, more people died in Henrico County as a result of a drug overdose than from homicide or motor vehicle accidents.

Drug Overdose 78



Motor Vehicle 32



Homicide 30



## What can YOU do to help your community?

- **Get trained to use Naloxone.**

Naloxone is a medication which can temporarily reverse the effects of an opioid overdose. It is available in Virginia without a prescription. For training and free Naloxone, call 804-727-8515.

- **Host a Naloxone training for your community organization.** Call 804-727-8515 to learn how.
- **Lock your medications.**
- **Safely dispose of medications that are no longer being used.**

Mix them with an unpalatable substance like dirt or cat litter, place them mixture in a sealed plastic back and dispose with your house hold trash. Search “drug disposal” at [fda.gov](https://www.fda.gov)

- **Help others avoid peer pressure.**
- **Encourage members of your community to seek mental health services when needed.**
- **Learn good stress management for yourself and support it in others.**
- **Learn how to combat the stigma.**
- **Be an advocate.**
- **Share your story.**
- **Get engaged.**
- **Spread the message that recovery works.**
- **Talk with people in recovery.**

If you or someone you love has a substance use disorder and wants help, find resources at

 [www.bouncebackhc.com](https://www.bouncebackhc.com)

For emergency services, call 804-727-8484 OR 988  
For life-threatening emergencies call 911

