

Fentanyl and Overdoses in Los Angeles County

A Resource Toolkit for Students



Learn About Drugs and Alcohol and How They Affect the Brain and Body

1. [Drugs and the brain](#)
2. [For more information about specific drugs and what they do in your body and brain](#)
3. [Why is hard to stop using substances?](#)

Be Informed About Opioids and the Dangers of Fentanyl

1. [What are opioids and how do they work in the body?](#)
2. [Fentanyl Facts](#)
3. [Rainbow Fentanyl](#)

Recognize the Signs of Overdose and How to Respond

1. What puts someone at [risk for an overdose](#)
2. Video: [Recognize opioid overdoses](#)
3. Video: [Reverse opioid overdoses with Narcan](#)
4. Video: [Opioid overdose prevention and response](#)
5. Information: [How to obtain Narcan in LA County](#)

Be Prepared

If you or someone you know uses drugs:

1. Keep naloxone (Narcan) nearby
2. Never use substances alone. Use with someone who can monitor for an overdose and administer naloxone (Narcan) or call NeverUseAlone at 1-800-484-3731
3. Test substances for fentanyl with a fentanyl testing strip, which can be purchased online through [BTNX](#), [Dose Test](#), [Dance Safe](#), [Wisebatch](#), or [TACO](#)
4. Video: [How to use a fentanyl test strip](#)

Ask for Help

Talk with someone about how you are feeling. If you are using or contemplating using drugs and want help to avoid/stop using or want to use more safely:

1. [RecoverLA](#) is available in 13 languages and provides basic information about substance use and how to get treatment
2. The [SASH Hotline](#) 1-844-804-7500 is open 24/7 and will assist eligible Los Angeles residents with free substance use disorder treatment
3. The [Los Angeles County Department of Mental Health](#) has a 24/7 hotline that links Los Angeles residents of all ages to help with their mental health: 1-800 854-7771
4. [Headspace](#): Sign up for free to access meditations, as well as sleep and movement exercises, designed to help you care for your mind
5. Connect to other teens working to address their substance use
 - a. [Alcoholics Anonymous for teens](#) is available virtually or in-person
 - b. [Smart Recovery for teens](#): Discuss issues related to recovery, and share ideas and strategies for things like peer pressure, dealing with urges, and managing emotions
 - c. [Al-anon for teens](#) have virtual and in-person for youth people aged 13 to 18 who have been affected by someone else's drinking



Additional Resources

1. [Books](#) that can help process grief if someone you know died from an overdose
2. [TV shows](#) about youth with substance use disorders and their recovery