

If this is a life-threatening emergency, call 911. Everything below is for other kinds of crisis.

If someone is overdosing

Recognize it:

- Can't be woken up
- Slow, shallow, or no breathing
- Choking / gurgling sound
- Blue, gray, or purple lips or fingertips

Respond:

1. Give naloxone (Narcan) if you have it
2. Call 911 — naloxone buys time, it doesn't replace care
3. Lay them on their side, stay with them
4. No response in 2–3 min and you have a 2nd dose? Give it

Most states have Good Samaritan laws protecting the caller and the person who overdosed from possession charges when reporting an overdose.

Naloxone (Narcan)

Reverses an opioid overdose. No harm if given to someone who didn't take opioids. Available over the counter at most pharmacies, often free through local health departments — search "[your state] free Narcan."

Numbers to know

988 Suicide & Crisis Lifeline

988 — call or text

Free, confidential, 24/7. Suicidal thoughts, mental health crisis, or just needing to talk about using.

Crisis Text Line

Text HOME to 741741

Free, confidential, 24/7.

Poison Control

1-800-222-1222

Free, 24/7. Call if something seems dangerous but isn't a full emergency yet.

SAMHSA National Helpline

1-800-662-4357

Free, confidential, 24/7, English & Spanish. Treatment referrals — not an emergency line.

Not a crisis, just stuck

AA — aa.org • NA — na.org • SMART Recovery — smartrecovery.org • FindTreatment.gov