

MAINE
ACCESS
POINTS



OVERDOSE
AFTERCARE
For the Rescuer

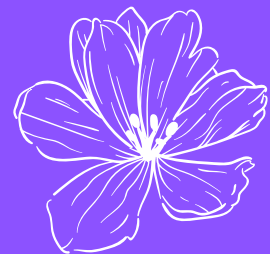
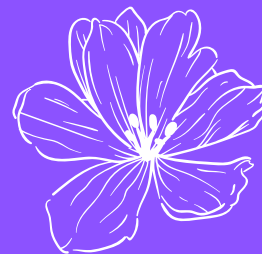
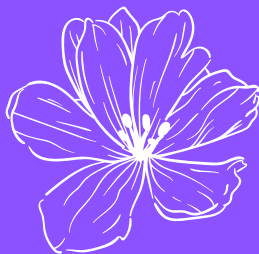
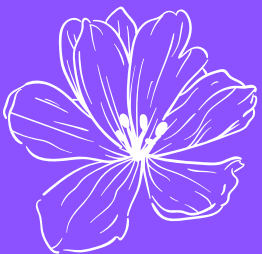
Use "I" Statements



It can be very helpful when talking to the person that overdosed to use "I" statements when discussing why you administered Naloxone or why you called 9-1-1. *Using "you" statements can increase the rescued person's shame, embarrassment, defensiveness, and/or feel stigmatizing.* Using "I" statements is a way of taking ownership of your own feelings.

Examples include: *"I was very worried when you overdosed," or "I didn't know what to do so I administered Naloxone and called for help."*

*******You can also remind the person that you rescued them because you love them and do not want them to die.*



Tap Out

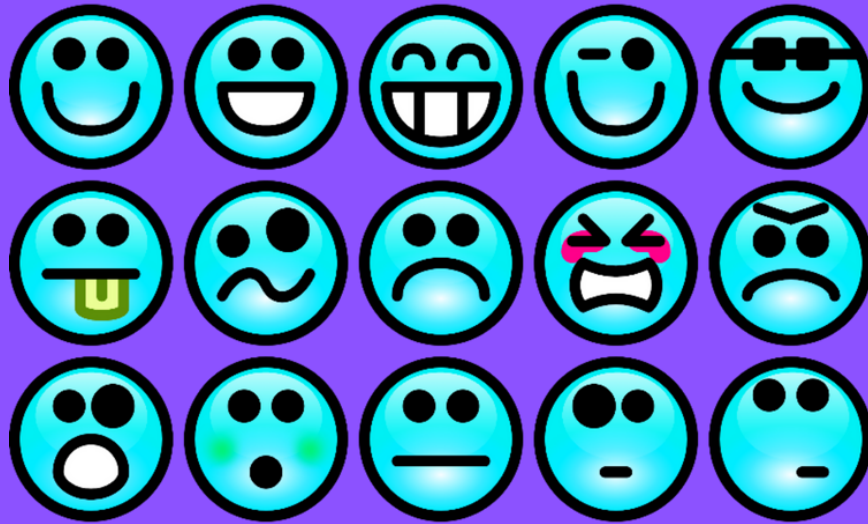


After an overdose it is recommended for someone to stay with the person that overdosed for at least 40 to 60 minutes in case the Naloxone wears off before the opiates do and the person needs to be rescued again.

However, if there is someone else around besides you, it may be a good idea to tap out and have another person tap in (especially if the person is mad at you for administering Naloxone which can be common) **and** it gives you a moment to process how your feeling after responding to a medical emergency.



There Are No Right or Wrong Emotions



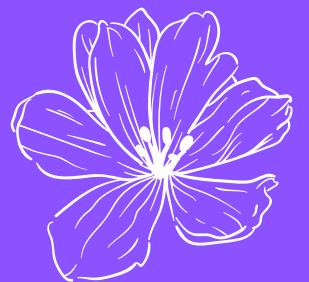
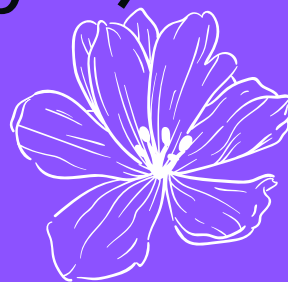
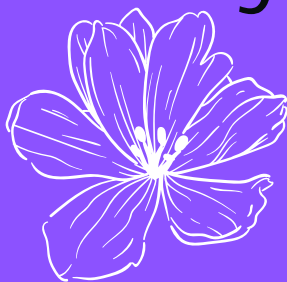
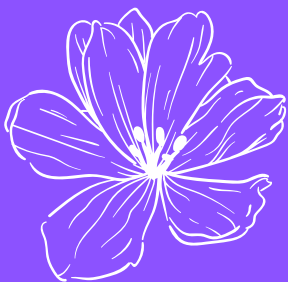
So you just responded to an overdose and you may be feeling many different things, physically and emotionally. You may feel jittery or shaky, fearful, angry, guilty, relieved, tearful, confused, fatigued, tired, etc...

All of the feelings you are feeling right now are perfectly okay.

It is okay to not be okay and it is okay to be okay.

Everyone is unique. Every overdose is unique.

There is no right or wrong way to feel.



Debrief with Someone



Talking to someone you trust can be very healing. Especially if talking with someone who has experienced an overdose or reversed an overdose. It can also be hard to debrief with others who don't use drugs because of the stigma which is often associated with drug use.

If you do not have a friend, family member, or professional that you can talk to about this, MAP's got you!!

Call/Text/Signal MAP at: (207) 319-8823 to ask about our aftercare support. We also help with grief work.



Meditation or Deep Breathing.



Meditation and deep breathing reduce stress by calming the body and mind.

You can find many free meditations & deep breathing exercises online.

Even if you are in a spot that you can not meditate, deep breathing can help.

One practice that you can try is called **Box Breathing**

(also know as Square Breathing).

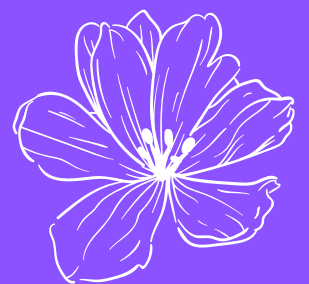
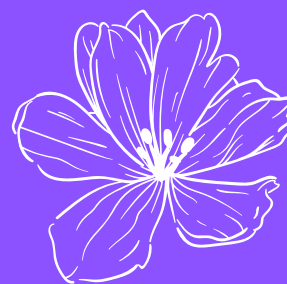
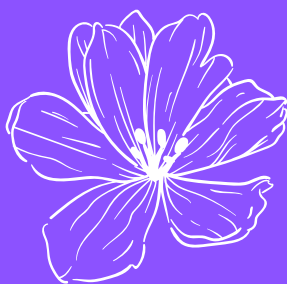
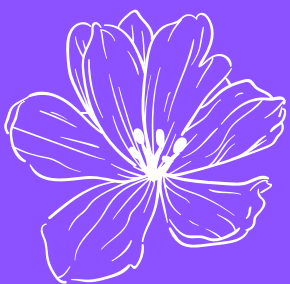
Inhale slowly while counting to 4 in your head

Hold that breath in for a count of 4 in your head

Exhale slowly while counting to 4 in your head

Hold for a count of 4

Repeat until you feel calmed.



Try to Ground Yourself



You can try some grounding exercises to get your body and mind at a point of homeostasis. These are some examples you can try:

Say a Mantra to yourself silently "I am Safe, They are Safe"

Run around the block, Push a wall, or shake it off

Wash hands and notice how the water feels on your hands.

Plant feet flat on the ground, Put your hand on your heart, and inhale through one nostril and exhale out the other. Pay attention to how that feels.



Get More Naloxone & Safety Plan

Someone who has overdosed once is at a much higher risk of another overdose. For this reason it is a good idea to make sure you replace the Naloxone that was used for the rescue & creating a safety plan to have in place.



To Get More Naloxone (and get help safety planning),

reach out to:

Maine Access Points

Call/Text/Signal



Statewide: 207-370-9445

Washington County: 207-370-1042

York County: 207-370-4782

