

If you suspect a friend or teammate is abusing opioid painkillers...



- Visit the Partnership for a Drug-Free NJ (www.drugfreenj.org) and educate yourself about opioid abuse. The more you know, the more helpful you'll be.
- Realize you must speak up, and quickly. Telling someone isn't disloyal, and it might save a life.
- If you're able to discuss the situation with your friend, make them aware of Narcotics Anonymous and SMART Recovery.
- Don't give up. Recovery can take a long time, so be someone your friend can lean on throughout the process.

SOAP
THE GSPO STOP OPIOID ABUSE PROGRAM