

Peers can help you access Harm Reduction strategies designed to reduce the hidden and apparent harms that can be involved with using drugs and similar high-risk behaviors; **highlighting any positive change and meeting people where they are.**

**CONTACT US TO OBTAIN
THE LIFE-SAVING MEDICATION
NALOXONE FOR FREE THROUGH THE
OVERDOSE RESPONSE PROGRAM.**



**SOCIALLY DISTANT
DOESN'T
MEAN
YOU'RE
ALONE.**

**HC HOWARD COUNTY
HEALTH DEPARTMENT**

8930 Stanford Blvd
Columbia, MD 21045

410.313.6202 — VOICE/RELAY

410.313.6212 — FAX

A dark blue rectangular box with a thin white border containing the Howard County Health Department logo and contact information.

Messaging supported through funding from Maryland Department of Health and Substance Abuse and Mental Health Services Administration.

Peer Recovery Specialists are here to help no matter where you are on the path to recovery.



**PEER SUPPORT PUBLIC PHONE LINE
CALL OR TEXT 667-203-1253
HOWARDCOUNTYMD.GOV/GETHELP**

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CONCERNED ABOUT SUBSTANCE USE BY YOURSELF OR A LOVED ONE?

PRESCRIPTION OPIOIDS

Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer.

HEROIN

Heroin is an opioid drug made from morphine, a natural substance taken from the seed pod of the poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia. Heroin can be a white or brown powder, or a black sticky substance known as black tar heroin.

FENTANYL

Pharmaceutical fentanyl is a synthetic opioid pain reliever, approved for treating severe pain. It is 50 to 100 times more potent than morphine. Fentanyl can be found in any street drug and greatly increases the risk of overdose.

ALCOHOL

Alcohol intoxication affects the brain, causing slurred speech, clumsiness, and delayed reflexes. Alcohol stimulates insulin production, which speeds up glucose metabolism and can result in low blood sugar, causing irritability and possibly death for diabetics.

COCAINE

Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Adding synthetic opioids to cocaine is especially risky when people using cocaine don't realize it contains this dangerous additive.

METHAMPHETAMINE

Methamphetamine is another common drug one can overdose on and is a highly addictive stimulant that can quickly alter the brain giving users an intense high. Methamphetamine is often abused because as quickly as the high comes, it goes, leaving users needing more to avoid crashing.



OUR PEER SUPPORT IS HERE FOR YOU.

CALL
OR
TEXT **667-203-1253**
[HOWARDCOUNTYMD.GOV/GETHELP](https://howardcountymd.gov/gethelp)

PATHWAYS TO RECOVERY

Medication-Assisted Treatment
(including buprenorphine & methadone)

Inpatient Treatment

Outpatient Treatment
(Counseling & Group Therapy)

Support Groups / 12-Step Meetings

WHAT IS PEER SUPPORT?

Peer support occurs when people provide understanding, respect and encouragement to help each other.

Peers who have faced similar challenges can share resources to assist a person in reaching long-term, positive goals.