

Harm Reduction Strategies:

- Never use alone, always make sure that someone is there in case of an overdose and can administer Narcan. If you don't have Narcan, call 911 and begin rescue breathing.
- If you are alone, call the Never Use Alone Support line before using: 1-800-484-3791 and make sure others can check on you if there is a problem.
- Start slowly and use cautiously.
- If you have been without opioid use for 3 days or more, use less than what you think you need.
- Fentanyl is also now found in many drugs including stimulants, such as meth, crack and cocaine. A stimulant user without a tolerance to opioid is more likely to overdose.
- If you are with someone who overdoses, rescue breathing, calling 911 and administering Narcan can save a life.

Narcan (the drug that can reverse the effects of an opioid-related overdose) Resources:

By mail: <https://nextdistro.org/michigan>

Pharmacies: Many [local pharmacies](#) will provide naloxone at no cost to individuals who have Medicaid.

OpiRescue App: Smartphone app that provides information on how to respond to an opioid overdose, locate treatment providers, and locate pharmacies that have Narcan.



Narcan is available through the following partners:

Barry County:

Barry County Community Mental Health:

269-948-8041

Available at these locations:

- Barry County Community Mental Health Authority)
- Barry-Eaton Health Department
- Barry County Cares
- Barry County Public Defender's Office
- Barry County Serenity Club
- Family Support Center of Barry County
- Delton District Library

- Putnam District Library in Nashville
- Thornapple Valley Church (All Locations)
- Hastings Public Library
- Leftfield Cafe on Main in Middleville
- Delton Family Pharmacy
- Hastings Pharmacy
- Maple Valley Pharmacy in Nashville

Berrien County:

Berrien County Health Department	269-927-5690
Carol's Hope	269-556-1526

Calhoun County:

Battle Creek Homeless Shelter	269-753-1270
The Share Center	269-964-8133
Substance Abuse Council	269-326-4040
Substance Abuse Prevention Services (Albion)	517-629-2113
Summit Pointe First Step	269-966-1460
Washington Heights United Methodist Church	269-968-8773

Cass County:

Woodlands Behavioral Healthcare Network	269-445-2451
---	--------------

Available at this location:
1124 Austin Street, Cassopolis

Kalamazoo County:

COPE Network and Kalamazoo Harm Reduction	269-580-8290
---	--------------

[Facebook](#): provides updates on various Narcan popup events and additional information on where and how to get Narcan.

St. Joseph County:

Community Mental Health and Substance Abuse Services of St. Joseph County	269-467-1000
---	--------------

Van Buren County:

Van Buren County Community Mental Health Authority	269-657-5574
--	--------------