



culture is prevention

Opioid misuse is preventable We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging. Build strength and resilience:

- ✓ Participate in cultural activities that bring you joy and connection
- ✓ Make time to connect with your friends, relatives and elders
- ✓ Find healthy ways to manage stress like carving, beading, dancing, singing
- ✓ If you are worried about a friend, ask them how they are doing
- ✓ If you are worried about yourself, reach out for help

Help keep our community strong

- ✓ Never share an opioid medication with someone else.
- ✓ Have a conversation with your friends and family about the dangers of opioids.
- ✓ Ask about other ways to manage pain.
- ✓ Lock up your medications.

Dispose of old or unused medications to keep your family and the environment safe. Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.