

## Finding more information about Native-centered ways to manage pain.

Tribal people and organizations can help you find care options rooted in culture. Get in touch with:

- Your Tribe's health and wellness center.
- The Native Resource Hub, a centralized information center and phone line for Native people and their health care providers. **866-491-1683, [nativehub.org](https://nativehub.org)**
- The NATIVE Project in Spokane or the Seattle Indian Health Board. Both provide health care and other services. **[nativeproject.org](https://nativeproject.org)** or **[sihb.org](https://sihb.org)**
- The American Indian Community Center in Spokane, which helps Native people get substance use treatment and other services that are culturally based. **[aiccinc.org](https://aiccinc.org)**
- General recovery help line. **[warecoveryhelpline.org](https://warecoveryhelpline.org)**

**Tribal leaders and health care providers can also find information at:**

- Washington Tribal Opioid Resource Exchange. **[aihc-wa.com](https://aihc-wa.com)**



## What to ask about prescription opioids.

Doctors sometimes prescribe opioid medications to manage severe pain. It's important to know the risks and benefits and to manage prescribed medication with care.

As you and your doctor or health care provider decide how to manage your pain, you can ask them about non-opioid medication, including traditional healing options.

**FOR OUR LIVES**

**Acting now to end overdose**

## We can start the conversation about opioid medications.

Talking openly with your provider helps make sure you get care that is safe, effective and right for you. If a medication is prescribed to you, get all the information you can.

### You can ask:



What is this medication called?  
Is it an opioid? Does it contain fentanyl?  
What are the risks and benefits?

You don't have to take a medication just because it's recommended. Talk with your provider to find a safe, effective way to manage pain. Share what works for you — your body, your limits, your concerns. Let them know if you're uncomfortable taking opioids or any drug that could be misused.

### You can say:



I'm not comfortable with this medication.  
Do you have an option that isn't an opioid?



## Protecting ourselves and others when taking prescribed medication.

If you decide to take prescribed opioid medication, ask your health care provider how much to take and for how long.

### You can say:



What is the smallest dose that would work for me?  
What is the shortest amount of time I can take it?

To help keep our communities safe, don't share opioid medications. Lock them in a cabinet, drawer, safe or locking bag. Count your pills regularly to make sure nothing is missing. If you have medication leftover when you're done with your prescription, get it out of your home. Find a place to take it at [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org).



[ForNativeLives.org/safety](https://www.ForNativeLives.org/safety)

Learn more about safe storage and disposal of opioid medication.