

# **Recovery is possible. MOUD can help.**

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## **Medications for opioid use disorder (MOUD):**

- normalize brain chemistry
- relieve cravings
- prevent withdrawal symptoms
- lower the risk of an overdose by 50%

Along with support from friends, family, and treatment professionals, MOUD help people safely recover.

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## **Methadone & buprenorphine**

- Are safe and effective MOUD
- Help people rebuild lives and relationships
- Can be dispensed to people of all ages



# Naloxone

Relapse may be a part of recovery. An overdose is more common after a period of not using opioids. Carry naloxone and use it to reverse an overdose. It saves lives and makes continued recovery possible.

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## Resources

Call the Washington Recovery Help Line to speak with a specialist.

**1-866-789-1511**

Find a clinic or program that dispenses MOUD near you.

**[search.warecoveryhelpline.org](https://search.warecoveryhelpline.org)**

Call, text, or chat the 988 Suicide & Crisis Lifeline. It's free and confidential.

**[988lifeline.org/get-help](https://988lifeline.org/get-help)**



**Learn more at**  
**[WAFriendsForLife.com/  
get-help](https://WAFriendsForLife.com/get-help)**

Washington State  
Health Care Authority