

An illustration of two men sitting at a dark wooden table in a cafe. The man on the left is seen from the side, wearing a dark plaid shirt and blue jeans, holding a white mug. The man on the right is facing him, wearing a white button-down shirt and dark green cargo pants, with his right hand raised in a gesture. The background is dark with a window and a green lamp hanging above. The floor is light blue tiled.

**“I’m  
here  
for  
you.”**

**How to talk  
to a friend  
about fentanyl**


**When my friend was struggling with drug use, I didn't know what to do or say, but I knew I wanted to help.**

**So, I learned more, and I talked to them. It was awkward at first, but it got easier.**

**If you're worried about a friend, I wrote this to help you start a conversation of your own.**

**Because your words matter.**





## What you need to know

- Fentanyl is a powerful, fast-acting drug. It can be mixed into other drugs like cocaine and MDMA.
- It is also mixed into fake pills that look like real OxyContin, Adderall, Percocet, and Xanax.
- Even if it isn't called fentanyl, a pill or powder can still have fentanyl in it.
- Any amount of fentanyl can cause an overdose or death.

# Worried about a friend?

Here are some signs to watch out for:

## Body

- Excessive sleepiness
- Very small or “pinpoint” pupils
- Slurred speech
- Scabs from scratching

## Brain

- Increased anxiety or depression
- Trouble remembering things
- Confusion

## Behavior

- Pulling away from friends
- Big mood swings
- Being secretive



# Convo tips

- Keep it casual. Take a walk or give them a call.
- Ask open-ended questions and really listen.
- Share facts about fentanyl and fake pills.



Find information at  
WAFriendsForLife.com



- Ask them to carry naloxone (Narcan).



Naloxone is a medication that reverses opioid overdoses.

- Let them know you care and want them to be safe.



## Convo starters

**"How are you?  
We haven't talked in a while."**

**"You haven't seemed like  
yourself lately.  
How are you feeling?"**

**"I'm worried about you.  
How can I help?"**

**"Is there anything you want to  
talk about? I'm here for you."**

**Your friend might get mad or defensive.  
If they do, it's OK to try again another time.**

**You also don't have to handle this alone.  
You can talk to an adult you trust.**

# Ways to help prevent an overdose:



**Test pills and powders  
using fentanyl test strips.**

Buy strips at [dancesafe.org/shop](https://dancesafe.org/shop)



**Share the Never Use Alone hotline:  
1-877-696-1996.**

Volunteers stay on the phone while a caller uses  
drugs and call 911 if the person stops responding.

**Avoid mixing drugs  
(or drugs and alcohol).**


It makes an overdose more likely.

**Carry naloxone (Narcan).**

**Call, text, or chat  
the 988 Lifeline.**

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





**Everyone  
deserves to live,  
and anyone  
can be a friend  
for life.**

**Visit [WAFriendsForLife.com](http://WAFriendsForLife.com) to:**



- Find naloxone
- Learn to recognize and respond to an overdose
- Get treatment and recovery resources