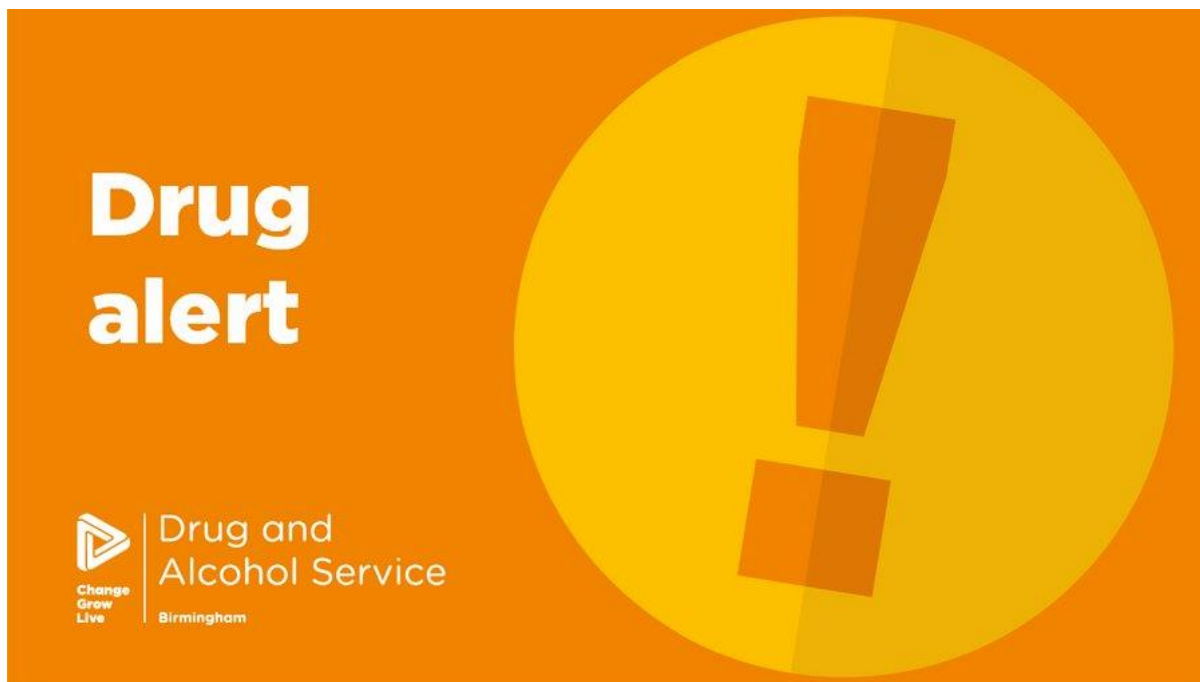


Increase in Opioid Overdoses – Advice and Information



The West Midlands are seeing an increased number of deaths relating to illicit opioid overdose. Testing in some of these cases has found Nitazenes, a group of potent synthetic opioids. Their potency and toxicity are uncertain but perhaps similar to, or more than fentanyl, which is about 100x stronger than morphine. They have been found mixed with Heroin, illicit Oxycodone tablets and Xanax powders.

This is an evolving situation with some uncertainties. However, there is some general advice that can reduce the risk of overdose.

The safest advice is to not use illicit Opioids at all. People who do use Opioids can go to Atlantic House, to be assessed for treatment of any Opioid related addiction and be prescribed substitution therapy. You can find Atlantic House here:

<https://www.changegrowlive.org/atlantic-recovery-centre-dudley/info>

For people that do use illicit opioids:

- Avoid mixing drugs
- Do not use alone
- Carry Naloxone

- Recognise signs of overdose, call 999 and administer Naloxone if available – difficulty breathing, blue colouring to the lips or fingertips, unresponsiveness, and limp limbs.
- Those in treatment who are using on top to speak with their worker to ensure dose is adequate
- Use less than the usual amount (suggest 1 TENTH of usual and wait 30 minutes to see the effect it has)
- Use WEDINOS Sample Testing to test your drugs if you can spare a bit, but it takes time to get the results back so go easy in the meantime.

<https://www.wedinos.org/>

Here are some useful links for more information:

- Order Naloxone from AtlanticRecoveryCentre@cgl.org.uk
- Public Health England Drug Alert PHE Drug alerts and local drug information systems: publishing.service.gov.uk
- Naloxone Online Training: <https://www.changegrowlive.org/naloxone-online-training>

Healthwatch Dudley will continue to share information about the situation, you can follow our social pages or sign up to our newsletter to receive the latest information. If you have concerns about accessing or receiving care for Opioid addiction, reach out to our team and we can signpost you to services.