

# Next steps

## Medications

MOUD administered today: \_\_\_\_\_ Dose: \_\_\_\_\_ Time: \_\_\_\_\_

Prescription: \_\_\_\_\_ To treat: \_\_\_\_\_

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Prescription: \_\_\_\_\_ To treat: \_\_\_\_\_

Prescription: \_\_\_\_\_ To treat: \_\_\_\_\_

## Your follow-up information

Meet with: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location or contact info: \_\_\_\_\_

\_\_\_\_\_

Please call **1-866-789-1511** if you need help getting to or rescheduling this appointment

**If you are taking your first dose of buprenorphine on your own**, you can find information on starting buprenorphine at home at this link:



# You are not alone



**Washington Recovery Helpline** – free, confidential, 24/7 support for substance use disorder and help finding treatment options.



**1-866-789-1511**



**[warecoveryhelpline.org](http://warecoveryhelpline.org)**

**Washington Telebuprenorphine Hotline** – provides low-barrier access to buprenorphine for opioid use disorder daily from 9 am – 9 pm.



**206-289-0287**

**Never Use Alone Hotline** – a trained volunteer will stay on the line and call for help if you become unresponsive while using.



**1-800-484-3731**

**Washington Syringe Service Programs** – drug user health programs providing naloxone, safer use supplies, and other harm reduction resources.



**[doh.wa.gov/SSPlist](http://doh.wa.gov/SSPlist)**