



Medications

MOUD administered today: _____ Dose: _____ Time: _____

Prescription: _____ To treat: _____

Prescription: _____ To treat: _____

Prescription: _____ To treat: _____

Prescription: _____ To treat: _____

Next steps

Meet with: _____

Date: _____

Time: _____

Location: _____

Contact info: _____

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 – 24/7 support for substance use disorder and help finding treatment options.



1-866-789-1511



warecoveryhelpline.org

SafeSpot Hotline – a trained peer will stay on the line and call for help if you become unresponsive while using.



1-800-972-0590

WA Telebupe Hotline – provides low-barrier access to buprenorphine for opioid use disorder daily from 9 am – 9 pm.



206-289-0287



watelebupe.org

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



doh.wa.gov/SSPlist

If you need help making, rescheduling, or getting to an appointment call **1-866-789-1511**.