



Public Health
Prevent. Promote. Protect.
ESTABLISHED 1936

St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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August 31st is International Overdose Awareness Day

Canton, NY — August 31, 2023 is International Overdose Awareness Day. International Overdose Awareness Day is about remembering loved ones who have died from drug overdose and acknowledging the grief of the family and friends left behind, taking action to encourage support and recovery for everyone impacted by substance use and overdose, and ending overdose by spreading awareness of overdose prevention strategies.

According to the Centers for Disease Control (CDC), 106,699 drug overdose deaths occurred in the United States in 2021 and for every drug overdose that results in death, there are many more nonfatal overdoses. Although synthetic opioids such as illicitly made fentanyl are currently the main reason for overdose deaths, deaths involving drugs with and without synthetic opioids are increasing. **NO DRUG IS SAFE.**

You can reduce your risk and harm by:

- Test your supply by using test strips for Fentanyl and Xylazine
- Avoid using alone, and if you do, call the Never Use Alone Hotline at (800) 484-3731 to have an operator stand by while you use.
- Have an overdose plan
- Carry naloxone - for free Narcan,
- Help & Hope Text Program: Text JOIN to 55753 to receive personalized support messages or connect with a specialist.

For harm reduction supplies, please visit

- NY Matters at <https://mattersnetwork.org/harmreduction/>.
- St. Lawrence County Addiction Services - <https://tinyurl.com/29u4y52k>.
- The Valley Recovery Center - <https://www.facebook.com/TheValleyRecovery>.

If you are struggling with addiction or you are a friend or family member impacted by a loved one's substance use, there are programs and support available.

For more information on resources available, please visit St. Lawrence County Partner's for Overdose Prevention website, <https://slcpartners4prevention.com/resource-guide/>.

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