

OVERDOSE SURVIVOR RESOURCES

Overdoses take a toll not only on survivors, but also on their loved ones. For each fatal overdose, there are many more non-fatal overdoses, each with emotional consequences for survivors and their loved ones. This epidemic does not distinguish among age, sex, state, or county lines.¹

Here are some resources for loved ones of people who have experienced overdoses.

FAST FACTS



Research shows that people who have had at least one overdose are more likely to have another.²



Patients are dealing with the emotional consequences of overdosing, including embarrassment, guilt, anger, and gratitude, all accompanied by the discomfort of opioid withdrawal.³



Opioid overdoses are almost always an accident. Moreover, the underlying problem that led to opioid use still exists and continues to require attention.³



Family members often feel judged because they could not prevent the overdose.

RESOURCES

- **Online chat:** [Chat online](#) with an expert (you can stay anonymous if you wish).
- **Get Help Now:** Call the Department of Drug and Alcohol Programs' Get Help Now hotline at [1-800-662-4357](tel:1-800-662-4357) for support.
- **Grief support:** Coping with the loss of a loved one due to a drug or alcohol overdose? [Find a grief support group in Pennsylvania.](#)
- **Nar-Anon:** Nar-Anon Family Groups help people who feel desperation due to a family member or friend with substance use disorder. [Learn more about Nar-Anon.](#) [Find a meeting near you.](#)
- **SMART Recovery Family & Friends:** SMART Recovery offers [online and in-person meetings](#) for loved ones.
- **Family Therapy:** [Find a therapist](#) who specializes in substance use issues.⁴

¹ <https://www.cdc.gov/drugoverdose/featured-topics/save-lives-now.html>

² Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 18-4742PT5. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018.

³ <https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>

⁴ [https://www.pa.gov/guides/opioid-](https://www.pa.gov/guides/opioid-epidemic/?utm_medium=paid_search&utm_source=google&utm_campaign=ddap_get_help_now&utm_content=search#ResourcesforFamilies)

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