# Staying Alive Plan

Drugs are changing and the things we do to keep ourselves safer need to change too. By completing this safety plan, you will create strategies to reduce your risks and think about how someone else may be able help if you need it.

* Evidence suggests that 60%+ of fatal heroin overdoses occur when people have been using alone
* Naloxone is only effective if there is someone there to administer it.

**Name / Initials: Date:**

|  |  |
| --- | --- |
| Do you ever use alone? | Y / N |
| Do you know someone who uses alone? | Y / N |
| Why do you use alone?  Why do you think others might use alone? | Please describe: |
| What can you do to better protect yourself, especially if using alone?  What can you do to ensure someone knows if you need help e.g. call an ambulance, give naloxone | Please describe: |
| How likely is it you will use the methods you’ve suggested?  Is there anything anyone else can do to help make them more realistic? | Please describe: |
| Do you have any friends who don’t use that might support you? Think about how this might work in practice. | Please describe: |
| Do you have anyone that might support you and check-in with you shortly after you have used? This could be done over the phone. | Please describe: |
| Could you support someone else and agree that if using with others you take it in turns so that someone can call for help/give naloxone if needed? | Please describe: |
| Do you have naloxone? Do you keep it close to you when using? Does anyone else know where you keep it and would they know how to use it? | Please describe: |

**Agreed actions to improve safety**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | What | How | Who | When |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |