

A photograph of an elderly woman with a gentle smile, wearing a black hat with a colorful beaded band and a red patterned shirt. She is standing outdoors with a lake and mountains in the background under a blue sky with light clouds. The text 'culture is prevention' is overlaid in white on red rounded rectangular backgrounds.

culture is
prevention

Opioid misuse is preventable
We all play a part

Connecting to our culture and each other
makes us stronger, especially when times
are challenging.

Build strength and resilience:

- ✓ Participate in cultural activities that bring you joy and connection
- ✓ Make time to connect with your friends, relatives and elders
- ✓ Find healthy ways to manage stress like carving, beading, dancing, singing
- ✓ If you are worried about a friend, ask them how they are doing
- ✓ If you are worried about yourself, reach out for help

Call the Washington Recovery Help Line

1.866.789.1511

Call 24/7/365 | Text M-F 9am-9pm

Help keep our community strong

- ✓ Never share an opioid medication with someone else
- ✓ Have a conversation with your friends and family about the dangers of opioids
- ✓ Ask about other ways to manage pain
- ✓ Lock up your medications

Dispose of old or unused medications to keep your family and the environment safe.

Visit **MED-Project.org** to find a convenient take back location or to request a free, discreet medicine mail-back envelope.

Learn more at
ForNativeLives.org

Washington State
Health Care Authority