

# ANYONE, ANYTIME CAN RECOVER.

I thought I was above heroin addiction. I had a college degree, a loving family, dreams and abilities. Every day I justified my destructive actions. At the end, I couldn't lie to myself anymore. I was addicted, defeated and waiting to die. I FINALLY ASKED FOR HELP and slowly got my life back.



Can experience addiction • Can ask for help  
Can recover • Can save a life

FOR HELP:



AnyoneAnytimeNH is an initiative of the New Hampshire Department of Health and Human Services

# ANYONE, ANYTIME CAN SAVE A LIFE.

We're working directly with people and their families who are suffering from substance misuse by bridging the gap between law enforcement, treatment and recovery. Under the new GOOD SAMARITAN LAW, there will be no arrest for possession or use of a controlled substance if you are helping someone in an overdose situation.



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# ANYONE, ANYTIME CAN ASK FOR HELP.

As the parent of a son with a substance use disorder, I know how important it is to GET EDUCATED about addiction, enabling, codependency and recovery.

More importantly, if your family is impacted by this disease please FIND SUPPORT for yourself and loved ones.

Also, ask your doctor for a prescription for NALOXONE. It can save the life of someone experiencing an opioid overdose from heroin or prescription medications.

Anyone Anytime should have access to this lifesaving medication.



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# ANYONE, ANYTIME CAN ACCESS NALOXONE.

A NH law passed in June allows NH healthcare providers to write prescriptions for naloxone for anyone at risk for an opioid overdose or for a friend or family member. NALOXONE CAN BE A LIFE-SAVING MEDICATION in the event of an overdose of heroin, fentanyl or prescription pain relievers after calling 911 and rescue breathing. Please talk with your primary care clinic today about a naloxone prescription for yourself or a loved one. Anyone Anytime can have access to this lifesaving medication.



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