

# IT ONLY TAKES ONE SPECK OF FENTANYL TO KILL. LEARN HOW TO STOP IT.

## Fentanyl overdose resources for students, peer leaders and campus organizers.

Use these resources to learn more, take action and bring overdose prevention to your campus.

### FACTS ABOUT FENTANYL AND OVERDOSE PREVENTION

- **CDC: Fentanyl Facts:** What you need to know about fentanyl and overdose risks. [cdc.gov/stop-overdose/caring/fentanyl-facts.html](https://cdc.gov/stop-overdose/caring/fentanyl-facts.html)
- **DEA: One Pill Can Kill:** See what counterfeit pills look like and learn the dangers. [dea.gov/onepill](https://dea.gov/onepill)
- **Virginia Department of Health:** Opioid Data & Resources – Get the latest stats and statewide prevention strategies. [vdh.virginia.gov/opioid-data](https://vdh.virginia.gov/opioid-data)

### TAKE ACTION

- **Sign the Commit to Talk Pledge:** Join Virginians in pledging to talk about the dangers of fentanyl. [itonlytakesone.virginia.gov](https://itonlytakesone.virginia.gov)
- **Plan an Awareness Event:** Use the It Only Takes One toolkit to host a roundtable, training session or pledge drive. [itonlytakesone.virginia.gov](https://itonlytakesone.virginia.gov)
- **REVIVE! Overdose Response Training:** Learn how to recognize and respond to an overdose. [dbhds.virginia.gov/behavioral-health/substance-abuse-services/revive-2/](https://dbhds.virginia.gov/behavioral-health/substance-abuse-services/revive-2/)
- **Get Free Naloxone:** Find locations where you can get naloxone near you. [vdh.virginia.gov/naloxone/naloxone-distribution-to-community-partners/](https://vdh.virginia.gov/naloxone/naloxone-distribution-to-community-partners/)

### FIND HELP AND SUPPORT.

- **988 Suicide & Crisis Lifeline:** Free, 24/7 mental health and crisis support. Call or text 988 | [988lifeline.org](https://988lifeline.org)
- **Department of Behavioral Health and Developmental Services:** For recovery and wellness support. [dbhds.virginia.gov/](https://dbhds.virginia.gov/)
- **Right Help, Right Now:** For behavioral health support. [hr.virginia.gov/initiatives/behavioral-health/](https://hr.virginia.gov/initiatives/behavioral-health/)
- **SAMHSA Helpline:** National 24/7 treatment referral and information. Call 1-800-662-HELP (4357) | [samhsa.gov/find-help/national-helpline](https://samhsa.gov/find-help/national-helpline)
- **Virginia Community Services Boards:** Local mental health & substance use support. [vacs.org](https://vacs.org)

# IT ONLY TAKES ONE

Find more resources at [itonlytakesone.virginia.gov](https://itonlytakesone.virginia.gov).