

Preventing opioid misuse: a checklist for employees



Opioid use and misuse can have negative effects on your personal and professional lives. Protect yourself and those around you by preventing misuse with these steps:

- If you have opioids in the house, ensure they are safely stored and you know how many pills you should have to prevent misuse by others
- If you run out of opioid medications, do not take someone else's medications; doing so can increase your risk for overdose
- Dispose of excess medications promptly, safely and appropriately; visit [nsc.org/takeback](https://www.nsc.org/takeback) to learn about safe disposal options
- If you cannot safely dispose of your excess medications, keep them locked up and keep track of how many you have left
- Talk with your loved ones about the risks of opioids so they know not to take your medications or provide them to anyone else

If opioid use is affecting your life or job performance, you can seek help at work by talking to:

- An employee assistance program (EAP) representative: These services are free, confidential, and can provide you with advice for what to do next – to find out if your organization has an EAP, talk with a supervisor/human resources professional, or look through your employee handbook
- Your doctor: Be honest about your opioid use and work with them to develop a plan to address your concerns
- A company supervisor and/or human resources professional: These conversations can help you get treatment and support
- SAMHSA's 24/7, 365-day-a-year treatment referral and information hotline at 1-800-662-HELP (4357): This service is a good option when other resources are unavailable or you don't feel comfortable exploring them
- If you don't feel comfortable talking on the phone, texting HOME to 741741 connects you with a crisis counselor

Asking for help with opioid use or misuse is a sign of strength, not weakness. If you or a loved one has a problem with opioids, seek help now.

