



Ask about options other than opioids. Be a self-advocate.

Tamika LaMere | Little Shell Tribe of Chippewa Indians

We can **manage**
our pain in ways
that **heal us.**

FOR OUR LIVES
Acting now to end overdose

WHAT WE CAN DO



Talk to your doctor about opioid alternatives.

If your provider prescribes medication, ask about the drug, its effects and any non-opioid alternatives. You also can ask about other ways to manage your pain.



Learn about traditional healing practices.

Traditional healing and medicines can help with pain management. Some Tribal health centers offer traditional healing alongside Western medicine.



Help your community prevent misuse.

Never share prescribed opioid medication. Keep it locked in a cabinet, drawer, safe or locking bag. And get unused opioids out of your home safely.



ForNativeLives.org/safety

Learn more about protecting our Native families and communities against misuse of fentanyl and other opioids.