

ABCD Study at **The University of Utah:** Participant Resources

Thank you for participating in the ABCD Study! Here is some information we give to everyone. If you or someone you know is struggling with depression, anxiety, alcohol, drugs, or other emotional or life concerns, help is available!

SafeUT Crisis Chat & Tip Line:

safeut.org or call 833-372-3388, **24/7**

A crisis chat and tip line that provides real-time crisis intervention for students, parents or guardians, and educators, right from your phone.

University Neuropsychiatric Institute (HMHI or UNI):

Call 801-583-2500 or walk in **24/7**

<https://healthcare.utah.edu/hmhi>

Location: 501 Chipeta Way, Salt Lake City, UT 84108

HMHI Crisis Care Center:

For adults 18+

*No appointment necessary, emergency mental health services at no cost. **24/7***

Location: 955 W 3300 S,
South Salt Lake, UT 84119

Utah Warmline:

Call 801-587-3000

9 am-10 pm, 7 days/week

For when you're not in crisis, but need support, help or encouragement.

Crisis Text Line:

Text HOME to 741741, **24/7**

Utah Poison Control Center:

Call 800-222-1222, **24/7**

For advice on what to do in the event of an overdose or accidental poisoning.

National Suicide Prevention Lifeline:

Text or call 988, **24/7**

English and Spanish (text AYUDA)

National Sexual Assault Hotline:

Call 800-656-HOPE (4673),
24/7

Childhelp National Child Abuse Hotline:

Call 800-422-4453, **24/7**

National Runaway Safeline:

Call 800-786-2929 or online chat,
24/7

<https://www.helpisaclickaway.org/runaway-teen-hotline>

The Trevor Project:

Text 'START' to 678-678

*A national **24/7**, toll-free, and confidential suicide hotline for LGBTQ+ youth.*

Encircle Family, Youth & Young Adult Resource Centers:

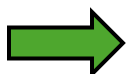
info@encircletogether.org
801-613-7305

LGBTQ+ individuals can find understanding, info, and support within their families and communities.

Locations: Provo, Salt Lake City,
Heber, St. George.



See back for information
on fentanyl & Narcan



Fentanyl: What You Need to Know

What Is Fentanyl?

- **Fentanyl** is a prescription drug that is also made and used illegally.
- Pharmaceutical prescription fentanyl is used in surgery or to treat patients with severe pain.
- The main public health concern is over illegally manufactured fentanyl and related compounds.
- Fentanyl can be made and distributed in different forms, like liquid and powder, making it easily blended with other drugs, including fake pills. These pills may look like prescription opioids or anti-anxiety medications.

What Are The Risks of Fentanyl?

- According to the CDC, over 100 people die every day in the U.S. from overdoses involving synthetic opioids like fentanyl. **Fentanyl is involved in about 61% of the 80,000 overdose deaths each year.**
- Fentanyl is about 50x stronger than heroin, meaning it is more likely to cause an overdose.
- About 2 milligrams of fentanyl is considered a **lethal dose**. See image on right for reference (#2 pencil tip).



Call 911 immediately if you suspect someone has overdosed

! Fentanyl is often substituted for or mixed into other drugs without an individual knowing it.

Xylazine + Fentanyl

- Xylazine, also known as "tranq," is often mixed with illicit opioids, including fentanyl.
- In 2024, 21% of people who tested positive for fentanyl also tested positive for xylazine.
- The presence of xylazine and fentanyl in drugs may put individuals at higher risk for a fatal overdose. Xylazine can also lead to skin ulcers, abscesses, and related complications.

Why It Matters

- Substances sold through social media may contain fentanyl or xylazine without the buyer knowing.
- Fentanyl overdoses among youth are on the rise. In 2020, **76% of overdose deaths in 14- to 23-year-olds involved fentanyl.**
- Using more than one drug at a time is called polysubstance use. Mixing drugs can be more dangerous than using one drug alone, and possibly deadly.
- It is nearly impossible to tell if drugs contain fentanyl or xylazine without using test strips or other drug-checking methods.

Keep Yourself And Others Safe

- Overdose can affect anyone. Learning about these drugs and the steps to take can help save a life.
- Naloxone, or **Narcan**, and nalmeferne are life-saving medications that can reverse opioid overdose. They are safe to use, even if no opioids are present.
- Naloxone is available in nasal spray form.
- Check substances for fentanyl with test strips.

Signs Of Opioid Overdose

- Small, constricted "pinpoint" pupils
- Falling asleep or losing consciousness
- Slow, weak or no breathing
- Choking or gurgling sounds
- Limp body
- Discolored skin (blue or purple lips and nails)

Video:
How to use Narcan

