

Recovery is possible.

Scan the QR code to learn about substance use recovery options near you.



WISCONSIN DEPARTMENT
of HEALTH SERVICES



You're not in this alone.

Get practical tips for having open, caring talks about substance use at **RealTalksWI.org**.

RealTalks
Wisconsin

It takes all of us to help prevent and reduce substance use.

Talk About Substance Use

To have real talks about substance use:

Ask open-ended questions
about their life

Use neutral words that don't
stigmatize

Listen with empathy

Problem-solve ways to make
healthy choices

Celebrate successes along
the way

Keep the conversation going

Lower the Risks from Substance Use

Offer tips on safer use, like:

Carry naloxone to reverse an opioid overdose

Check substances with fentanyl test strips

Get sterile equipment from syringe services programs

Call the Never Use Alone Hotline at **877-696-1996**

Call SafeSpot Overdose Hotline at **800-972-0590**

Call **211** to find local treatment and recovery options