

**In 2025, Dorchester County  
had 29 opioid overdoses, 1 of  
which was fatal.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**You don't have to do it alone.  
Treatment is available: Call  
410-228-7714. In crisis: Call  
or text 988.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

Visit [midshoreompp.org](http://midshoreompp.org) find  
treatment and recovery  
resources that are right for  
you.



To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)



Help is Available

Call Dorchester County Health Department

410-228-7714

After Hours Call Eastern Shore Crisis Response Services

888-407-8018

In crisis: Call or text 988

**Using a prescription drug not  
prescribed to you or  
differently than prescribed is  
misuse.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**7.6 million people in the United States aged 12 and older misused opioids in 2024.  
(NSDUH 2024).**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**73% of Mid Shore OMPP survey respondents indicate that they, a family member, or their child have ever been prescribed an opioid.**

**Prevention begins at home. Start the conversation about the dangers of misusing prescription pain medicine.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**

**Call Dorchester County Health Department**

**410-228-7714**

**After Hours Call Eastern Shore Crisis Response Services**

**888-407-8018**

**In crisis: Call or text 988**

**Feeling connected to family, school,  
church, and community members  
can protect young people from risky  
behaviors such as opioid misuse.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**The Youth Action Council is a local program for teens to promote positive alternatives to substance misuse among their peers. Visit [dorchesterhealth.org](http://dorchesterhealth.org) to learn more.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Approximately 52% of Mid Shore OMPP survey respondents store their medications in a secure location. A lock box is the safest option for opioid medications, preventing them from getting into the wrong hands.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Peer Support Specialists have lived experience with substance use disorder and offer support to individuals using substances or in recovery. To speak with a Peer: Call DRI-Dock at 410-228-3230.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Got old or unused medicine? Take it to a 24-hour drop box at any law enforcement agency across the Mid Shore, no questions asked.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Rx disposal methods are available at your local health department for you to use at-home on any unused or expired medications. For more information, call 410-228-3223.**



To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)



Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988

**Some signs of an opioid overdose include having difficulty breathing, clammy skin, blue lips and fingers, limp body, and vomiting. If you suspect an overdose, call 911 and administer Narcan if available.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**If your child receives medication for pain or after an injury or procedure, store the medicine securely, track when doses are given, and check in regularly to make sure they're feeling okay. Together, we can help our kids heal safely and confidently.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Take time to care for your mental wellbeing. About half of those who experience a mental illness during their lives will also experience a substance use disorder (NIDA, 2024).**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**In 2024, 42% of people who  
misused prescription pain relievers  
acquired them through a friend or  
relative (NSDUH 2024).**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**The Good Samaritan Law can offer protection to those who report an overdose from prosecution of certain crimes. Watch this short video to learn more:**

**<https://www.youtube.com/watch?v=GM754XpcFhs&t=1s>**



**To learn more and get engaged visit:  
Dorchestergoespurple.org**



**Help is Available**

**Call Dorchester County Health Department**

**410-228-7714**

**After Hours Call Eastern Shore Crisis Response Services**

**888-407-8018**

**In crisis: Call or text 988**

**Some signs of opioid misuse include  
pinpoint pupils, slurred speech,  
difficulty breathing, confusion,  
nausea, itching or flushed skin,  
constipation, or nodding off.**

**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**If your healthcare provider  
suggests opioids, talk with them  
about non-opioid alternatives for  
pain management or starting at the  
lowest dose.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Prescription opioid use is a risk factor for starting heroin use. Visit <https://iwishiknewmidshore.org/rx-safety/risks/> to learn more about the risks.**

**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available**

**Call Dorchester County Health Department  
410-228-7714**

**After Hours Call Eastern Shore Crisis Response Services  
888-407-8018**

**In crisis: Call or text 988**

**Fentanyl is a highly concentrated,  
man-made drug. It is odorless,  
tasteless, and often invisible to the  
naked eye. Even the smallest amount  
can be fatal.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**Xylanzine (“tranq”) is a sedative commonly mixed with fentanyl. 33% of tested drug samples in Maryland contained xylazine, of which 91% also contained fentanyl. (Center for Harm Reduction Services MDH, RAD Report, 2023).**

**<https://stopoverdose.maryland.gov/wp-content/uploads/sites/34/2023/12/2023.12.06-RAD-Report-Vol-1-Xylazine.pdf>**

**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available**

**Call Dorchester County Health Department**

**410-228-7714**

**After Hours Call Eastern Shore Crisis Response Services**

**888-407-8018**

**In crisis: Call or text 988**

# Combining opioids with alcohol and other drugs increases your chances of death.



To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)



**Help is Available**

**Call Dorchester County Health Department**

**410-228-7714**

**After Hours Call Eastern Shore Crisis Response Services**

**888-407-8018**

**In crisis: Call or text 988**

**Opioids are highly addictive.  
Even at prescribed doses,  
you can become dependent  
on them.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**Substance use disorder is a chronic brain disease that is long-lasting and changes the way the brain works.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**An individual is more likely to die  
from an accidental opioid  
overdose than a motor vehicle  
crash (National Safety Council).**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

**Substance misuse does not  
discriminate against age, race,  
gender, or economic status.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available**  
**Call Dorchester County Health Department**  
**410-228-7714**  
**After Hours Call Eastern Shore Crisis Response Services**  
**888-407-8018**  
**In crisis: Call or text 988**

# 10.6% of Dorchester County high school students have misused prescription pain medicine (2024-25 YRBS).



To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)



Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988

**2% of Dorchester County  
high school students  
have used heroin.  
(2024-25 YRBS)**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](https://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**

**Anyone can save a life.  
Call 410-228-3230 for  
information on free Naloxone  
(Narcan) training.**



**To learn more and get engaged visit:  
[Dorchestergoespurple.org](http://Dorchestergoespurple.org)**



**Help is Available  
Call Dorchester County Health Department  
410-228-7714  
After Hours Call Eastern Shore Crisis Response Services  
888-407-8018  
In crisis: Call or text 988**