

# 7 Opioid Facts

A Construction Suicide Prevention Partnership Toolbox Talk

[www.suicide-stops-here.org](http://www.suicide-stops-here.org)

The United States is experiencing an opioid overdose epidemic. In 2021, there were over 100,000 fatal drug overdoses, and over 75% of the overdoses involved opioids. Opioids are responsible for an overwhelming majority of fatal drug overdoses in Oregon and Washington. The construction industry is not immune from the devastating and ongoing impact of the opioid epidemic.

**#1 Construction has one of the highest rates of opioid overdoses.**



[www.cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2021/20211117.htm](http://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20211117.htm)

**#2 Opioids are over-prescribed**

The construction industry receives 20% more and 20% stronger opioid prescriptions than other industries.



[www.cfma.org/articles/waging-a-counterattack-on-opioids-first-dose-prevention-strategies-for-the-workplace-and-at-home](http://www.cfma.org/articles/waging-a-counterattack-on-opioids-first-dose-prevention-strategies-for-the-workplace-and-at-home)

**#3 Adults who misuse opioids have a higher risk for suicidal thoughts.**



[www.sprc.org/about-suicide/scope-of-the-problem/suicide-and-opioids/](http://www.sprc.org/about-suicide/scope-of-the-problem/suicide-and-opioids/)

**#4 Fentanyl is deadly**

Fentanyl, a synthetic and extremely potent opioid, is a major contributor to fatal and nonfatal overdoses in the U.S.



[www.cdc.gov/stopoverdose/fentanyl/index.html](http://www.cdc.gov/stopoverdose/fentanyl/index.html)

**#5 Naloxone (AKA Narcan) reverses opioid overdoses and saves lives.**



[www.cdc.gov/stopoverdose/naloxone/index.html](http://www.cdc.gov/stopoverdose/naloxone/index.html)

**#6 Opioid sparing therapies work**

Numerous studies show acetaminophen, Ibuprofen, and other non-narcotic approaches are more effective than opioids for pain management.



[www.ncbi.nlm.nih.gov/pmc/articles/PMC5123624/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5123624/)

**#7 There is always hope!**

The Alcohol and Drug Helpline serves anyone who needs information, support, or access to resources and treatment for opioid and other substance use disorders. You can reach them by calling 800-923-4357. They are available 24/7/365.

If you or someone you know is thinking about suicide or going through any type of mental health crisis, call or text 988 to reach the National Suicide and Crisis Lifeline to access immediate support.

For more resources: [www.Suicide-Stops-Here.org](http://www.Suicide-Stops-Here.org)

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