

## What is Naloxone?

Naloxone is a medication used to rapidly reverse the effects of opioid overdose, including respiratory depression, sedation, and loss of consciousness. It works by binding to opioid receptors in the brain, displacing the opioid, and reversing its effects. Naloxone can be administered via injection or nasal spray and is often used by emergency responders, medical professionals, and sometimes by people at risk of opioid overdose. It is a life-saving tool in combating opioid-related deaths and can be used safely in emergency situations.

## How to Access Naloxone (Nasal Spray) at College: A Guide for Students

If you're a student looking to access naloxone, here's how you can do it:

### 1. How to Access Naloxone:

- You can self-refer for naloxone through a Wellbeing appointment or by requesting a referral through SIP Wellbeing.

To make an appointment, please click [here](#).

### 2. Supportive Conversations:

- When discussing naloxone, it's important to have sensitive conversations about your relationship to substance use, especially if you're in recovery or have a family member with a dependency. This helps identify any additional support that may be needed.

### 3. Other Support Options:

- You may also be signposted to services like the **Aberdeen Protects app**, or referred to support services like **ADA** or **AiR**. These resources can offer further help.

### 4. Consider Your Circumstances:

- If you're a Student Carer, or if you have siblings or other dependents at home, it's important to consider how this may affect your college life and studies. Your Wellbeing appointment will help guide this conversation.

### 5. Record Keeping:

- All Wellbeing appointments and the issuing of naloxone kits will be recorded in SIP. A private note will only be available to the Student Advice and Support Team.

Remember, we're here to support you, and accessing naloxone can be an important step in ensuring your safety and well-being. If you need help, don't hesitate to reach out on [studentsupport@nescol.ac.uk](mailto:studentsupport@nescol.ac.uk)

## NALOXONE - Be Prepared For An Opioid Emergency

