

# Fentanyl

Fentanyl was originally created by Dr. Paul Janssen in order to relieve pain from major surgeries or other severe problems. However, today the profound strength of fentanyl also brings with it challenges that extend beyond our imagination. The illicit use of fentanyl is often found in combination with other substances. This can and does lead to devastating outcomes, such as addiction and death.

Statistics show that the United States has the highest rate of this addiction whereby, 300 people a day die from an overdose of fentanyl. More people die from this drug than those who die in car accidents. Addressing this horrific problem definitely requires medical treatment followed through with emotional and spiritual support.

It is interesting to note that Europe has thus far managed to escape fentanyl's grip. Universal health care throughout much of Europe shows that most people there do not want to turn to addictive opioids for a quick fix. They use a much more spiritual approach.

People have to wake up to the fact that fentanyl is a danger to all, but especially to children, tweens, and teens. More information, education and a watchful eye is desperately needed.

There are drugs that can reverse a fentanyl overdose, and though these are necessary, they will not solve the problem. They are a temporary fix in order to stop death from happening. Therefore, it is essential to seek out help and support. It is a proven fact that one cannot solve this perilous dilemma alone without professional, medical help.

If you or a loved one are taking or addicted to this drug, it is crucial that you reach out to hospitals, doctors and places that are adept in handling this suffering for and with you.

# Steps to be Taken

## First

get medical help immediately.

## Second

get emotional help for stress and coping skills.

## Third

seek out spiritual communities for a higher perspective.

## Fourth

focus on your physical well-being as it boosts healing.

## Fifth

find means, ways and people who will help you stay clean and start a new life journey.

**Be smart – and save your heart**

**Be wise – and don't disguise**

**Be prepared – as life is not fair**

**Be alarmed – so as not to get harmed**

**Be bold – and refuse to fold**

**Be still – and don't take a pill**

**Be knowing – and watch where you're going**

**Be ahead of the game – and drop your shame**

**Be loving to you – and believe it's true**

## Summary

Fentanyl overdose and addiction is such an intensely growing, grappling issue that we must not think just because it is not happening to us or our loved ones today, it will never happen. We must join together and bring about a consciousness and awareness to harness the power that fentanyl is having over our population, especially our youth. We cannot stay ignorant or turn a blind eye. This drug is vicious, and it means to do harm. However, we have the wherewithal and power to bring it to its knees and defeat it at its root. Life is extremely challenging now, and hope is fading more and more each day. The feeling of safety does not exist and because of this, more and more people, especially the youth are turning to drugs that can numb their pain and despair.

However, there is a light at the end of the tunnel. If each and every one of us would make an effort to help one another, be aware of one another, look to protect one another, and share with one another, we will indeed create the change that we are in desperate need of.

Safety comes from empowering our hearts. Therefore, it behooves each and every one of us to follow it more often, be conscious of it more often and use loving kindness as a life skill more often. Let us not judge one another, let us use sound judgement and help and understand one another. In doing so, we can erase wounds, eradicate violence and empower a life filled with love, trust and serenity.

## Who to Reach Out to In The U.S.

If you are able to get to a hospital, do so as quickly as possible, if not call 911.

The number to call if you are in an emergency is 988 and help is available 24/7.

The internet is filled with places that assist with this problem.

You can also call SAMHSA'S National Helpline at 1-800-662-HELP (4357). They have treatment referral and information services in English and Spanish for individuals and families facing substance disorders. As well, if you do not have insurance or are underinsured, they guide you to state-funded programs.