

Struggling with substance use is hard enough on its own, and it can be even more difficult for someone with a brain injury. If you or someone you love struggles with one or both of these conditions, the Brain Injury Alliance of Arizona can offer guidance, resources and support. We are dedicated to raising awareness and working toward prevention of future brain injuries. If you have any questions about brain injury, substance use, harm reduction or recovery, give us a call to speak with a member of our Resource Facilitation team. You are NOT alone and there IS help.

Call our  
Statewide Neuro Info-line  
1 (888) 500-9165

or email us at  
[info@biaaz.org](mailto:info@biaaz.org)

**The Brain Injury Alliance of Arizona (BIAAZ)** is a statewide non-profit organization dedicated to working to prevent brain injuries and enhancing the quality of life for brain injury survivors and their families through resources and information.

What began in 1983 as a grassroots effort has grown into a strong statewide presence, providing valuable life-long resources and community support for individuals with all types of brain trauma at no charge.

**BIAAZ Highlights:**

- Works with Congressional Brain Injury Task Force
- Houses Arizona Brain Health Resource Center
- Hosts Statewide Opioid Use Disorder & Cognitive Impairment Workgroup
- Has Statewide Opioid Use Disorder & Cognitive Impairment Response team with peer support, training, and family wraparound services
- Facilitates Brain Health Advisory Council
- Manages statewide Neuro Info-Line



## AFTER AN OVERDOSE

## Lasting Effects on Your Brain

5025 E. Washington St., Ste 106  
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[BIAAZ.org](http://BIAAZ.org) • [info@biaaz.org](mailto:info@biaaz.org)

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*Making the invisible visible since 1983*

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ate. 2 to cook (food)  
(something).  
◆ **overdo it** or **thin**  
**overdose** noun an c  
tr & intr to take an c  
(someone). See also

## Did you know?

- An opioid overdose cuts off oxygen to the brain, often causing hypoxic or anoxic brain injury, even if the overdose is reversed with Narcan (Naloxone).
- Even if you are revived and your life is saved, every overdose increases your risk of lasting damage to the brain.
- If you have ever overdosed and now feel "different," it is possible you have experienced a brain injury, which may result in temporary or permanent cognitive and/or physical impairments.

## Symptoms of brain injury can include:

- Foggy Thinking
- Dizziness or Disorientation
- Balance Issues
- Slower Processing Speeds
- Judgment Issues
- Slurred Speech
- Change or Disruption in Sleep Patterns
- Headaches
- Irritability
- Mood & Personality Problems
- Memory Issues
- Trouble Reading/Writing
- Seizures
- Vision and Hearing Issues

A survivor of brain injury may experience one or several of these symptoms; every brain injury is unique to the individual it affects.



If you currently use opioids or other drugs, quitting and entering treatment greatly decreases your chances of sustaining a harmful brain injury. If these options aren't possible yet, reduce your use and practice harm reduction techniques to lower your chances of overdose until you are able to quit and get help.

Other possible causes of brain injury include falls, vehicle accidents, blows by/against an object, assault, intimate partner/domestic violence, and child abuse. Misusing opioids puts you at a higher risk for sustaining any of these types of injuries.