

7-OH is about to be banned. Here's what to do now.



Plain-language help for anyone who uses 7-OH regularly. No judgment.

988

Crisis + substance-use support. Free, 24/7. Call or text.

1-800-662-4357

SAMHSA. Free treatment referral, 24/7. English + Spanish.

findtreatment.gov

Enter your zip. Filter for "Buprenorphine."

What's happening

- The DEA is putting 7-OH in Schedule I by temporary order. It can publish **any business day. No warning, no sell-through.**
- That day, any product with **more than 1 mg** of 7-OH (or over 0.05% by weight) becomes illegal to sell or possess.
- If you use daily, **plan now.**

Why it matters for your body

- Same opioid receptors as painkillers. Dependence is physical, not a character flaw.
- Withdrawal: anxiety, sweating, restlessness, stomach, insomnia, cravings. **Treatable.**
- **Do not switch to street pills or powder.** Fentanyl shows up in almost everything. This is how "only 7-OH" people die.

There is a medication for this

- **Buprenorphine** (Suboxone and others): same receptor, stops withdrawal and cravings.
- Prescription. Clinic or telehealth video visit. No insurance needed to start.
- Timing matters. Let the prescriber say when. **Don't self-start.**

Telehealth, anywhere in NC

- **Workit Health** 855-659-7734 — insurance or self-pay
- **MyStreetHealth** 888-886-8014 — self-pay, flat fee, often same-day

Free naloxone (Narcan)

- Free, legal, reverses overdose. **Carry it.**
- By mail: nextdistro.org/ncgate · Local pickup: **call 211**

Three things to do this week

1. **Call one number on this sheet.** Say: *"I use 7-OH daily and it's about to be banned. Can you help me plan for that?"*
2. **Get naloxone** and keep it on you.
3. **Tell one person you trust.**

General information, not medical advice. **If someone is unresponsive or not breathing, call 911.** Made by someone who watched this happen. Not affiliated with any store or brand. Online: after7oh.org · Last verified 2026-09-12.