

# KRATOM & 7-OH WILL BE ILLEGAL IN KANSAS STARTING JULY 1, 2026

## PLAN AHEAD. YOUR HEALTH MATTERS.

If you currently use kratom, now is the time to plan for a safe transition and get the support you may need.



### WHAT IS KRATOM?

Kratom, and a derivative known as 7-OH, are **opioid-acting substances** sold at vape shops and other locations. Some people use kratom to help manage stress, pain, energy, or opioid withdrawal and it can be found in many different forms including in pills, liquids and powders. Kratom and 7-OH can be **addictive** and **cause severe withdrawal**. People use kratom and 7-OH for many different reasons. Understanding and addressing those reasons is key for treatment and recovery.



### DEPENDENCE CAN HAPPEN

With regular use, your body can become used to kratom. You may notice:

- Needing **more to feel the same effect**
- Feeling anxious, irritable, **sick or off when you don't take it**
- Having **strong urges or cravings** to use it
- You may **try to stop or cut down** but can't
- Spending a lot of time getting it, using it, or thinking about it
- It is causing **problems at work, school, or home**, but you keep using it



### WITHDRAWAL IS REAL & TREATABLE

Stopping kratom after regular use can cause withdrawal. Symptoms usually start within **3-24 hours** and may last several days to weeks.

Common symptoms include:

- Anxiety or panic
- Trouble sleeping
- Diarrhea
- Nausea or upset stomach
- Irritability or agitation
- Runny nose
- Yawning
- Cravings
- Sweating
- Muscle aches



### LEGAL CONSEQUENCES

Effective July 1, 2026, kratom and 7-OH will be classified as Schedule I controlled substances under Kansas law. The possession, sale, or purchase of these substances may constitute a criminal offense and could result in penalties including fines and imprisonment.



\*This was created in collaboration with the Kansas Prescription Drug and Opioid Advisory Committee.

# TREATMENT & MEDICATIONS CAN HELP

Healthcare providers can help you manage withdrawal symptoms and support your recovery.

## MEDICATIONS FOR WITHDRAWAL

Depending on your symptoms, your provider may prescribe medications such as:

- Clonidine - for anxiety, restlessness, sweating and irritability
- Anti-nausea medications
- NSAIDS (e.g. ibuprofen) - for pain
- Sleep aids (short-term)

## BUPRENORPHINE (SUBOXONE) AND METHADONE

Buprenorphine and methadone are medicines used to treat opioid addiction, including kratom and 7-OH addiction. While methadone only comes from special clinics (located in Wichita, Lawrence, Topeka and KC Metro), buprenorphine can be prescribed by medical providers everywhere. The QR code below will help you find treatment locations. These medications can reduce withdrawal symptoms and cravings and lower risk of relapse.

## ONGOING CARE & SUPPORT

Long-term support can help you stay on track and prevent relapse.

- Individual counseling or therapy
- Support groups (in-person or virtual)
- Case management
- Peer recovery support
- Relapse prevention planning

## WHOLE-PERSON HEALING

Recovery is about more than stopping kratom - it's about building a healthier life.

- Physical health
- Mental well-being
- Relationships
- Work or school
- Meaning and purpose



Medications are most effective when combined with support and follow-up care. **Ask a healthcare provider which treatment options are best for your needs.**

## GET HELP. FEEL BETTER.



Switching from kratom or 7-OH to another opioid or pain medication on your own (without a doctor) is **extremely dangerous**. It greatly increases your risk of **overdose and death**, especially due to unknown strength or possible fentanyl contamination.



You don't have to wait until July 1, 2026. Support is **available** now. Visit the **QR code** for a list of treatment providers in your area.



To speak with someone about treatment options, call the statewide substance use treatment referral line 866-645-8216, select option 2 at the menu

**If you are experiencing a mental health, suicide, or substance use crisis call or text 988 or chat online 988lifeline.org/chat**



[www.dccca.org/kratom](http://www.dccca.org/kratom)