



Did you know?

You are not alone

An estimated 11.4 million people misused prescription opioids in 2017 (National Survey on Drug Use and Health, Mortality in the United States).

You may be experiencing problems related to opioid misuse if:

- You've taken more than the prescribed dose of opioids.
- Had a friend or family member express concern about your use of opioids.
- Tried but failed to cut down or stop using opioids.
- Had health, social, legal, or financial problems due to opioid use.

Opioid misuse doesn't discriminate

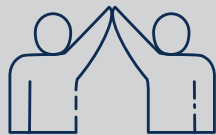
People of any age, race, orientation, or ethnic background can have issues with opioid misuse. People of any profession, whether they work in construction, medicine, or education, can become addicted to opiates or misuse opioids. Each day, 140 individuals in the U.S. die of a drug overdose, 91 specifically due to opioids.

Other factors that can make people particularly vulnerable to developing a dependence on opioids include: having a medical issue for which opiates such as painkillers are prescribed, family history of substance use, or using opioids or other substances to mask physical or emotional pain.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

Addiction is not a choice – it is a disease. Help for opioid misuse and abuse is available. Addiction is a battle that can be fought with proper treatment and support.

Contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.

You don't have to be suicidal to use a crisis line. Social support is key to maintaining emotional health and well-being. If you're feeling down, help is at your fingertips. You can speak to someone about how you feel or if you're worried about a loved one by calling or texting a crisis line.

Contact the Crisis Text Line by texting 'TALK' to 741741 or call the Suicide Prevention Lifeline at 1-800-273-8255.

MindWise.org



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INNOVATIONS