

# OPIOID MISUSE AND ABUSE

OPIOID ABUSE AND HEROIN USE ARE SERIOUS PUBLIC HEALTH ISSUES. DRUG OVERDOSE DEATHS ARE THE LEADING CAUSE OF INJURY DEATH IN THE UNITED STATES. EDUCATE YOURSELF TO HELP PROTECT THOSE YOU CARE ABOUT.

## SIGNS OF MISUSE AND/OR ABUSE

- FLUSHED SKIN
- SMALL PUPILS
- WATERY EYES
- RUNNY NOSE
- DROWSINESS
- ITCHING SKIN
- MISSING MEDICATIONS
- CLOUDED THINKING
- CHANGE IN PERSONALITY
- LETHARGY

## WHAT CAN YOU DO?

- Talk to your children, friends, and family. Often. Tell them your expectations. Explain the dangers and long term impacts of opioid and heroin abuse.
- Talk with your doctor - ask if there are non-drug options for relieving pain. If medication is necessary, ask about non-opioid medications.
- Monitor all prescriptions medications in your home. Supervise youth access to medications.
- Place medications in a locked container or control access to it.
- Properly dispose of any unused medications. Take it to a drug take back or drop box locations.

*If you suspect there is a problem, don't wait.  
Get help immediately.*

People who are addicted to...



...more likely to become addicted to heroin.

ALJAZEERA AMERICA

Source: National Survey on Drug Use and Health (NSDUH), 2011-2013



# Helpful RESOURCES

BLUE RIDGE BEHAVIORAL HEALTHCARE 540-266-9200

ALCOHOLICS ANONYMOUS 540-343-6857

AMERICAN ADDICTION CENTERS 540-910-0524

Advocate, Rebuild, Change, Heal (ARCH) 540-344-8060

BRADLEY FREE CLINIC (HOPE Initiative) 540-344-5156

Community-based “drop in” sessions/meetings for persons with substance use disorders. Second Monday of each month.

CHOICES RECOVERY 540-855-7797

CONNECT (CARILION) 540-981-8181

THE HARDEST HIT VIDEO [www.hardesthitva.com](http://www.hardesthitva.com)

MT. REGIS 877-959-9554

NARCOTICS ANONYMOUS [www.roanokena.com](http://www.roanokena.com)

OPERATION PREVENTION- PARENT TOOLKIT  
[www.operationprevention.com](http://www.operationprevention.com)

PREVENTION COUNCIL OF ROANOKE COUNTY  
[www.roanokeprevention.org](http://www.roanokeprevention.org)

RESPOND (LEWIS-GALE) 540-541-9992

ROANOKE AREA YOUTH SUBSTANCE ABUSE COALITION  
[www.raysac.org](http://www.raysac.org)

THE RESCUE MISSION 540-343-7227

