Connecting the dots of opiate abuse

Physical Signs

- Flu-like symptoms including diarrhea, cramping, vomiting
- Itchy skin, picking at skin
- Flushed skin
- Sweating
- Watery eyes
- Runny nose
- Dark circles under eyes
- Tiny pupils
- Weight loss
- Slurred speech
- Drowsiness /nodding off

Changes in Behavior

- Loss of interest in their personal appearance and hygiene
- Secretive phone calls or text messages
- Mood swings: Depression alternating with euphoria
- Talking loudly
- Angry outbursts
- Staying up all night /sleeping all day
- Missing valuables and money
- Lack of interest doing favorite activities or being around family and friends

LEARN to COPE
A peer-led support network for families dealing with addiction and recovery

www.learn2cope.org
ADDITION CAN START WHEN KIDS EXPERIMENT WITH PRESCRIPTION DRUGS OR ARE PRESCRIBED MEDICATIONS AFTER AN INJURY OR SURGERY

1. Get information about medications prescribed to your child and ask about potential risks for addiction.

2. Keep prescription drugs in a safe place.

3. Monitor the use of children’s prescriptions and yours.

4. Safely dispose of expired or unused medications. Contact your local police or health department to learn how.

GET EDUCATED about the disease of addiction.

FIND TREATMENT FOR YOUR LOVED ONE
Call the Massachusetts Substance Abuse Helpline 1-800-327-5050.

BE READY IN CASE OF AN OVERDOSE
Get trained for rescue breathing, and on how to administer Narcan.

GET SUPPORT for you and your family.

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There is hope. You are not alone.