

The Opioid Epidemic: Warning Signs and Next Steps

It is not always easy to tell when people around us are struggling with drug use. If you are concerned about someone in your life, you can look out for the following warning signs and reach out to them.

Physical Signs¹

- Unexplained change in weight
- Frequent nasal or sinus infections
- Drowsiness
- Change in appetite
- Slow breathing
- Evidence of syringes, missing medications, burnt or missing bottle caps or spoons, missing belts or shoelaces, small bags with powder residue

Behavioral Signs^{1,2}

- Irritability
- Unexplained money requests or stealing
- Wearing long sleeves when it's warm
- Decreased family contact
- Changes in friend group or activities
- Nervousness
- Changes in personality or attitude

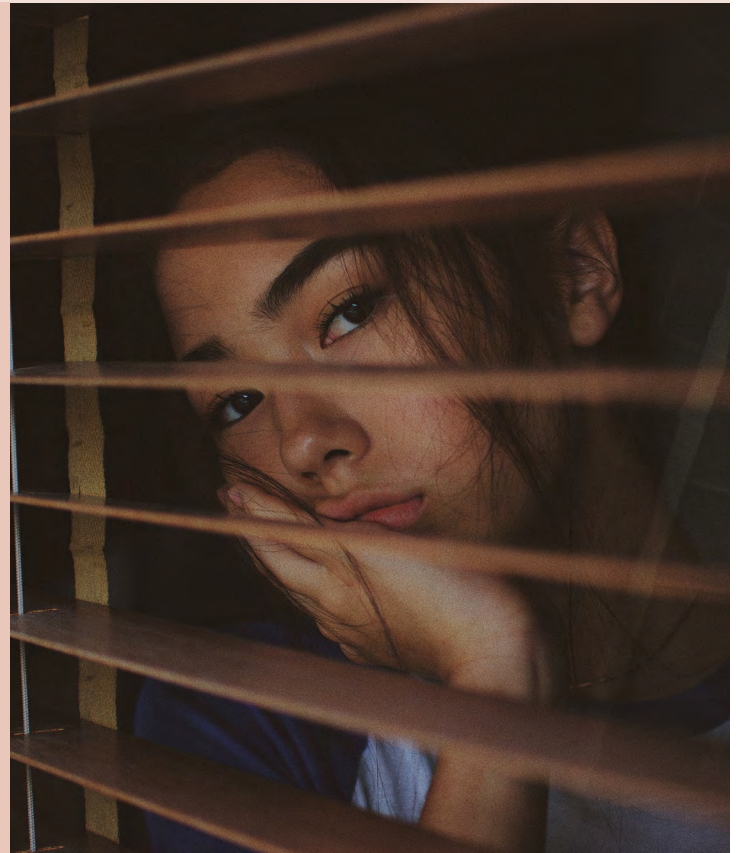
Next Steps If You Are Concerned About Someone

- Call the Office of Addiction Services and Supports' **HOPEline** at **877-846-7369** to locate and outpatient treatment provider near you to get an evaluation. Or visit indaddictiontreatment.ny.gov for a directory of treatment programs.
- Call the **Partnership for Drug-Free Kids' Helpline** at **855-378-4373** (or text 55753) if you are worried about your child.
- The following websites have great resources for how to start a conversation with your child and intervening to help them recover:

www.operationprevention.com

www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf

www.drugfree.org/landing-page/get-help-support



SOURCES

1. "Combat Addiction." Office of Addiction Services and Supports, New York Department of Health.
2. "Parents and Caregivers." Office of Addiction Services and Supports, New York Department of Health.