

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



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Objects that may be clues



**ADDICTION 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.

**If your
loved one
is using:**

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.

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