

# How to Get Help

If you know someone has issues with continued opioid or drug use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

## CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](http://FLCORENETWORK.COM)

## ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](http://ISAVEFL.COM)

## 988 Florida Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[988LIFELINE.ORG](http://988LIFELINE.ORG)

## Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/  
SAMH-GET-HELP](http://MYFLFAMILIES.COM/SAMH-GET-HELP)

If your friend has passed out or is not responding after using drugs, call 911 immediately.

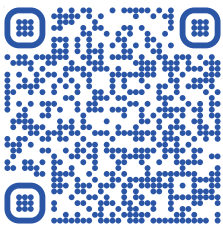
### Know the signs of an overdose:

- Very sleepy
- Small pupils
- Changes in the appearance of their skin
- Trouble breathing
- Nausea and vomiting
- Increased heart rate
- Chest pains
- Headache
- Dizziness
- Seizure
- Aggressive behavior
- Increased anxiety & depression
- Paranoid thoughts

**The Facts. Your Future.** is a multifaceted initiative led by Florida's First Lady, Casey DeSantis, to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Fentanyl**

[TheFactsYourFuture.org](http://TheFactsYourFuture.org)



Facts for Florida Participants

FENTANYL

TYPE : Opioid

Just say no, and here's why...

THE  
FACTS.  
YOUR  
FUTURE.



## Fentanyl Facts

### OVERVIEW

Fentanyl is 100 TIMES more potent than morphine and 50 TIMES more potent than heroin. The presence of fentanyl in many fake prescription pills has contributed to rapidly increasing rates of teen overdose deaths nationwide. In Florida alone, fentanyl-related overdose deaths among youth increased by 67% from 2020 to 2021.

### WHAT IT LOOKS LIKE

Illegal fentanyl can look like powder. This tasteless, odorless substance can be added to fake tablets or mixed with other drugs like heroin or cocaine, often without the user knowing it's there. According to DEA lab testing, Seven out of 10 fentanyl-laced pills contain a potentially lethal dose of the drug.

### DANGERS OF FENTANYL

Fentanyl, similar to other common opioid painkillers, can cause temporary feelings of relaxation or happiness, short-term pain relief, sedation, confusion, drowsiness or dizziness, nausea, vomiting, urinary retention, small pupils, and trouble breathing.

An overdose of fentanyl can cause someone to become very sleepy, have small pupils, cold and clammy skin, bluish skin, slip into a coma, or have trouble breathing, which can lead to death. If a person shows signs of a coma, pinpoint pupils, and slowed breathing, they might have been poisoned by an opioid.

**COMMON NAMES:** Apache, Dance Fever, Friend



Despite overall declines in drug use, Fentanyl is contributing to higher teen overdose rates.

Drug dealers add fentanyl to pills that look like common prescription medications such as Xanax, Adderall, and Oxycontin.

### HOW TO HELP A FRIEND

It's likely someone you know has considered using drugs or is using. Talking to them could save their life. This isn't a one-size fits all conversation, but here are some tips that may help you get started:

#### Before You Talk

🔹 **DO SOME HOMEWORK.** Take a few minutes to learn about the effects of drug and alcohol use.

🔹 **RIGHT TIME, RIGHT PLACE.** Make sure you have enough time to talk. Choose a place where you both feel comfortable and without a lot of distractions.

🔹 **WRITE IT OUT.** Having conversations like this can be hard. Taking a few minutes ahead of time to think through and even write out what you're going to say can make a huge difference.

#### Starting the Conversation

🔹 **KEEP IT SIMPLE.** Make it a conversation, not a lecture.

*"You've got a lot going on right now and I want you to know I'm here for you."*

🔹 **REALLY LISTEN.** Really listening means trying to understand what your friend is going through so you can better support them.

*"You've been going through a lot lately. And it sounds like the only way you've been able to deal with all the pressure you're under has been using. Did I get that right?"*

🔹 **OFFER SUPPORT.** Let your friend know you're there for them. Ask them what they think they should do and what help they might be open to.

*"Should we talk to your parent or someone else you trust? I know that might seem scary, but I can go with you, if it helps."*

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk.

When fentanyl is added to other drugs, it makes them more powerful, more addictive, and more dangerous.



A fentanyl overdose can happen in seconds or minutes, and lead to respiratory failure and death.

**THE  
FACTS.  
YOUR  
FUTURE.**