

# 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)

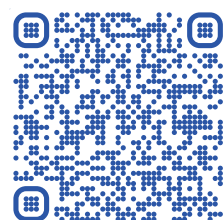
If your friend has passed out or is not responding after using drugs, call 911 immediately.

### 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  
**Prescription Drugs**  
[TheFactsYourFuture.org](http://TheFactsYourFuture.org)



## Facts for Florida Participants

# PRESCRIPTION DRUGS

TYPE : Opioids,  
Benzodiazepines  
& Amphetamines

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

# THE FACTS. YOUR FUTURE.



# Common Types of Prescription Pills

## OPIOIDS Opioid

Opioids include painkillers such as oxycodone, hydrocodone, oxycontin, codeine, and morphine. Opioids are highly addictive and can often lead to using other more dangerous drugs.

- In 2021, 72% of drug overdose deaths among Florida youth involved opioids.
- One single dose of an opioid can cause respiratory failure and death. Mixing these drugs with alcohol increases these risks.

## BENZODIAZEPINES Depressant

“Benzos” are also known in their prescriptive form as Xanax, Valium, Klonopin, and Ativan. Many illicit drug users combine these drugs with other drugs, making them even more harmful.

- These drugs have a similar sedative effect on the brain as alcohol and are highly addictive.
- Mixing these drugs with alcohol or opioids can result in overdose, heart attack, or death.

## STIMULANTS Stimulant

There are many kinds of stimulants, and some of the ones most abused by teens are medications to treat attention deficit disorders, including Adderall, Vyvanse, Focalin, and Ritalin.

- These medications are highly addictive and dangerous when abused.
- In addition to causing damage to the brain, these drugs can also cause serious damage to the body.

### Common Names

- ➔ **OPIOIDS:** Hillbilly Heroin, Perc, and Oxy (oxycodone).
- ➔ **BENZODIAZEPINES:** Xannies, Tranks, and Benzos.
- ➔ **STIMULANTS:** Speed, Addies, and Amps.



# 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.

Florida is experiencing a major increase in fake prescription pills laced with fentanyl, one of the most dangerous drugs we’ve ever seen, causing overdoses and death.

In 2022, two college students overdosed and died from fake prescription pills that were laced with a lethal dose of fentanyl.

THE  
FACTS.  
YOUR  
FUTURE.