

# 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

## Objects that may be clues



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

## **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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