

## TREATMENT

- ADOLESCENT SUBSTANCE ABUSE PROGRAM (INTENSIVE OUTPATIENT) [ASAPAZ.COM](http://ASAPAZ.COM)
- AVERY'S HOUSE (INTENSIVE OUTPATIENT AND RESIDENTIAL) [AVERYSHOUSE.COM](http://AVERYSHOUSE.COM)
- COMMUNITY BRIDGES INC (RESIDENTIAL PROGRAM) [COMMUNITYBRIDGESINC.ORG](http://COMMUNITYBRIDGESINC.ORG)
- HORIZON RECOVERY (RESIDENTIAL PROGRAM) [HORIZONRECOVERY.COM](http://HORIZONRECOVERY.COM)
- MENTAL HEALTH MATTERS (MAINTAINS LIST OF INDIVIDUAL COUNSELORS AND RESOURCES) [MENTALHEALTHMATTERSARIZONA.COM](http://MENTALHEALTHMATTERSARIZONA.COM)

## ONLINE HELP

- [AZ.MYLIFEMYQUIT.ORG](http://AZ.MYLIFEMYQUIT.ORG)
- [AL-ANON-AZ.ORG/TEENS-2](http://AL-ANON-AZ.ORG/TEENS-2)
- [LEARNMOREAZ.ORG](http://LEARNMOREAZ.ORG)
- [JUSTTHINKTWICE.GOV](http://JUSTTHINKTWICE.GOV)
- [MARIJUANA HARMLESSTHINKAGAIN.ORG](http://MARIJUANA HARMLESSTHINKAGAIN.ORG)

## CRISIS SUPPORT

- TEEN LIFELINE - 602-248-8333
  - CALL 24/7, TEXT WEEKDAYS 12-9 PM & WEEKENDS 3-9 PM
- NATIONAL SUICIDE & CRISIS LINE
  - 9-8-8 CALL OR TEXT 24/7

# FOR PARENTS

MOBILIZING ACTION TOGETHER FOR  
COMMUNITY ENGAGEMENT  
[MATFORCE.ORG](http://MATFORCE.ORG)

NATIONAL INSTITUTE ON DRUG ABUSE  
[DRUGABUSE.GOV](http://DRUGABUSE.GOV)

PARENTS OF ADDICTED LOVED ONES  
[PALGROUP.ORG](http://PALGROUP.ORG)

PARTNERSHIP TO END ADDICTION  
[DRUGFREE.ORG](http://DRUGFREE.ORG)

SUBSTANCE ABUSE AND MENTAL  
HEALTH SERVICES ADMINISTRATION  
[SAMHSA.GOV](http://SAMHSA.GOV)



# SUBSTANCE ABUSE RESOURCES FOR TEENS

## HOW TO IDENTIFY AN OPIOID OVERDOSE

- HEAVY NODDING, DEEP SLEEP, HARD TO WAKE UP
- VOMITING
- SLOW OR SHALLOW BREATHING (LESS THAN 1 BREATH EVERY 5 SECONDS)
- GURGLING OR CHOKING SOUNDS
- CLAMMY, SWEATY SKIN
- VERY SMALL PUPILS
- PALE SKIN
- PURPLE LIPS AND FINGERNAILS

## WHAT IS NALOXONE?

NALOXONE IS A MEDICINE THAT RAPIDLY REVERSES AN OPIOID OVERDOSE. NALOXONE CAN QUICKLY RESTORE NORMAL BREATHING TO A PERSON IF THEIR BREATHING HAS SLOWED OR STOPPED BECAUSE OF AN OPIOID OVERDOSE.

NALOXONE HAS NO EFFECT ON SOMEONE WHO DOES NOT HAVE OPIOIDS IN THEIR SYSTEM.

NALOXONE SHOULD BE GIVEN TO ANY PERSON WHO SHOWS SIGNS OF AN OPIOID OVERDOSE. NALOXONE CAN BE GIVEN AS A NASAL SPRAY OR IT CAN BE INJECTED.

## DANGERS OF OPIOIDS

PRESCRIPTION OPIOIDS, LIKE FENTANYL AND OXYCODONE ,AND ILLEGAL OPIOIDS, LIKE HEROIN, ARE ADDICTIVE AND CAN BE DEADLY.

MORE THAN TWO PEOPLE DIE EVERY DAY FROM OPIOID OVERDOSED IN ARIZONA.

OPIOIDS CAUSE SLOWER RESPIRATION. WHEN SOMEONE TAKES TOO MUCH OF AN OPIOID, THEY CAN OVERDOSE AND STOP BREATHING.

AN OPIOID OVERDOSE IS A MEDICAL EMERGENCY THAT CAN RESULT IN DEATH IF NOT ADDRESSED QUICKLY.

## WHAT TO DO IF YOU THINK SOMEONE HAS OVERDOSED

1. CALL 911 IMMEDIATELY
2. ADMINISTER NALOXONE, IF AVAILABLE
3. TRY TO KEEP THE PERSON AWAKE AND BREATHING, LAY THE PERSON ON THEIR SIDE
4. IF NO RESPONSE, RESCUE BREATHE FOR 2-3 MINS THEN GIVE SECOND DOSE OF NALOXONE
5. STAY WITH THE PERSON UNTIL EMERGENCY ASSISTANCE ARRIVES.



***IT MAY BE HARD TO TELL WHETHER A PERSON IS EXPERIENCING AN OVERDOSE. IF YOU AREN'T SURE, TREAT IT LIKE AN OVERDOSE—NALOXONE IS SAFE AND YOU COULD SAVE A LIFE.***

