



**TALK**  
with your teen.  
No matter what.



Call 1-800-662-HELP (4357) to  
get local referrals (SAMHSA)

**Talk. They Hear You.®**



**Parent & Caregiver  
Resources**  
(from SAMHSA)



**Playbook for Parents  
of Teens**  
(from Partnership to End Addiction)

**California Academy of  
Family Physicians**

[www.familydocs.org/sud](http://www.familydocs.org/sud)

# TEENS & OPIOIDS:

**Parents Make a  
Difference**



Opioids are everywhere.  
Take action at home to  
help your teen.



## LITTLE CONCERN

### Know the Risks

- ! Prescription and street drugs can be highly addictive
- ! Limit your teen's access to prescription opioids
- ! Street and fake prescription drugs can have deadly amounts of fentanyl

### Model Healthy Behavior

- ! Be active
- ! Be social
- ! Drink responsibly

### Carry Narcan (Naloxone)

- ! Buy this non-prescription nasal spray at your local drug store
- ! Carry it to save a life in case of overdose

### Talk with Your Teen

- ! Teens who talk to their parents about using drugs are up to **42% less likely** to misuse them



## CONCERN

### Set Limits

- ! It's ok to say no

### Know the Signs

- ! New friends
- ! Careless appearance
- ! Missing school
- ! Secrecy and lying
- ! Intense moodiness

### Talk with Your Teen

- ! Keep talking
- ! Offer support instead of judgement

### Carry Narcan (Naloxone)

- ! Buy this non-prescription nasal spray at your local drug store
- ! Carry it to save a life in case of overdose

### Get Help

- ! Talk with your primary care physician, religious leader or a respected elder

## SERIOUS CONCERN

### Carry Narcan (Naloxone)

- ! Buy this non-prescription nasal spray at your local drug store
- ! Carry it to save a life in case of overdose

### Talk with Your Primary Care Doctor

- ! Medication is available to help manage opioid use disorder

### Talk with Your Teen

- ! Show that you care
- ! Offer support instead of judgement

# NEED HELP NOW?



#### Local Referrals

Call 1-800-662-HELP

#### Connect with a Crisis Counselor

Text HOME to 741741