

Healthy Hints!

Rx Drug Abuse Prevention & Signs of Abuse

You can Prevent Prescription Drug Abuse by:

- Asking your doctor about alternate pain management techniques
- Having a lock box at home to secure medications
- Properly disposing of unused/expired medication in drop boxes (usually located in police departments)
- Setting clear and consistent rules and expectations around prescription drug abuse
- Seeking help when a problem is suspected and/or has been identified

Possible Signs of Prescription Drug Abuse:

- Sudden mood changes, including irritability, negative attitude, personality change
- Extreme changes in groups of friends or hangout locations
- Forgetfulness or clumsiness
- Lying or being deceitful, skipping classes, avoiding eye contact
- Losing interest in personal appearance, extracurricular activities or sports
- Sudden changes in appetite
- Unusually poor performance in school, on the field, in school clubs or other activities
- Borrowing money or having extra cash
- Acting especially angry or abusive, or engaging in reckless behavior

If you or someone you know needs help, call 513-281-RHAC (7422)

"Drugs never cure disease. They merely hush the voice of nature's protest, and pull down the danger signals she erects along the pathway of transgression."

~Dr. H. Kress, M.D.

Resources:

Parents' Guide to Talking with Kids about Drugs:

www.prevention-first.org/pages/services/cat/4/

Rx Drug Call to Action Sheet:

www.prevention-first.org

Center for Chemical Addictions Treatment

www.ccatsober.org



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