

Resources

Poison Control

1-800-222-1222

Nebraska Family Health Line

1-888-866-8660

Boys Town National Hotline

Crisis Line for Parents and Teens
800-448-3000

Websites for Teens

www.yourlifeyourvoice.org
www.abovetheinfluence.com
www.theantidrug.com
www.justthinktwice.com
www.parenting.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

1-877-SAMHSA-7 (1-877-726-4727)
www.SAMSHA.gov/shin

SAMHSA's National Helpline

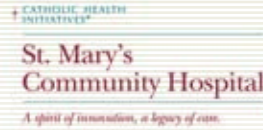
800-662-HELP (800-662-4357)

National Council on Patient Information and Education (NCPIE)

301-656-8565 | www.talkaboutrx.org



Thank you to our Safe Meds partners!



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Protect Your Child: Avoid Prescription Drug Abuse



OUR MISSION
To enhance the quality of lives of children and families through the promotion of programs, services and resources in Otoe County.

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Prescription drug abuse is the fastest-growing drug problem in the United States among 12-25 year olds.* Talk to your child today.

Prescription drug abuse is using medications for non-medical reasons.

What do you need to know?

- Risks of injury or death increase dramatically when medicines are taken inappropriately.*
- Seventy percent of abusers get their drugs from a friend or relative.*
- One in five teens reports abusing prescription medications to get high (4.5 million).*
- Two out of five teens (40%) believe prescription meds are much safer than illegal drugs.*
- Remember, **when used appropriately** and under a doctor’s care, prescription medications can be safe and effective.

What does your child need to know?

- Prescription medications not prescribed for you can be as dangerous as illegal drugs.
- Prescription medications can be addictive.
- Even one usage can be harmful, possibly fatal.

How can I tell if my teen is abusing these drugs?

Possible signs of abuse in teens may include:

- A change in interest in schoolwork.*
- Fatigue, red or glazed eyes and health complaints.*
- Changes in mood, personality and loss of interest in activities.*

What is a Pharm Party?

At pharming parties, teens dump a variety of drugs in a bowl and take them. Teens most commonly abuse pain relievers (e.g., OxyContin® and Vicodin®), stimulants (e.g., Ritalin® and Adderall®), and sedatives and tranquilizers (e.g., Valium® and Xanax®). Swallowing even one pill of certain medications can be fatal.

**source: SAMHSA.org*

Let’s Talk, Today.

Sit down, start a conversation about drugs, if you have not already, ask your child their thoughts. If you don’t know where to begin, look to the news—an athlete, actress or even a family member that abuses can be a starting point. Listen to your child and let them know you are there to help.

Contact Partners for Otoe County

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Nebraska City, Nebraska 68410
Phone: 402-873-6343 | Fax: 402-873-6345

Syracuse Office

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Syracuse, Nebraska 68446
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For more information, visit www.p4oc.org

