

BEHAVIORAL HEALTH

Behavioral health refers to mental/emotional well-being and/or actions that affect wellness. Behavioral health problems include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide, and mental disorders.

MENTAL HEALTH

Mental disorders involve changes in thinking, mood, and/or behavior. They can affect how we relate to others and make choices. Mental disorders take different forms, such as deep levels of anxiety, extreme changes in mood, or reduced ability to focus or behave appropriately. Others involve unwanted thoughts and some may cause a person to see or hear things that are not there or have false beliefs about reality.

SUBSTANCE USE

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes significant clinical and functional impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

MorepowerfulNC.org



Led by NC Attorney General Josh Stein and NCDHHS Secretary Mandy Cohen to raise awareness around the devastating impact of the opioid crisis in North Carolina, the More Powerful NC campaign is anchored in the message that together, we are more powerful than opioids—and we can all help play a part in ending the epidemic.

TROUBLE COPING?

After a traumatic event, problems may come and go. It is important to know when to ask for help. Please call the Lifeline if you or someone you know is experiencing any of the problems listed below.

- Has low or no energy
- Feels numb or like nothing matters
- Complains about unexplained aches and pains
- Feels helpless or hopeless
- Smokes, drinks, or uses illicit/street drugs
- Feels unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Fights with family and friends
- Unable to get rid of troubling thoughts / memories
- Thinks of hurting or killing yourself / someone else

Here are suggestions to help avoid triggering a crisis:

- EAT three meals a day that include healthy foods.
- GET an adequate amount of SLEEP each night.
- AVOID drinking ALCOHOL or using street DRUGS.
- Spend time outside and exercising every day.
- Do something you enjoy each day.
- Spend time daily with people who make you feel good about yourself; avoid negative people.
- Have regular check-ups with a health care provider.

CRISIS EDUCATION SUPPORT



**Brought to you
Courtesy of the
Rockingham County
Opioid Task Force**

RECOGNIZE AN OPIOID OVERDOSE

Opioids include pain medications, heroin and fentanyl. Sometimes it can be difficult to tell if a person is just very high or experiencing an opioid overdose. The following information to help you tell the difference. If you still cannot tell the difference, it is best to treat the situation like an overdose – it could save someone's life. If you feel someone is getting too high, it is important that you **DO NOT** leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing. **DO NOT LET THEM SLEEP IT OFF!**

If someone is making unfamiliar sounds while "sleeping", try to wake them up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life:

- Pupils may contract and appear small
- Body is very limp
- Scratch a lot due to itchy skin
- Speech may be slurred
- Vomiting
- Unresponsive or loss of consciousness
- Awake, but unable to talk; they might "nod out"
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Lighter skinned people can turn bluish purple.
- Darker skinned people can turn grayish or ashen
- Breathing and/or pulse is very slow, shallow, irregular or has stopped
- Choking sounds or a snore-like gurgling noise
- Wake up someone making unfamiliar sounds while sleeping. **DO NOT LET THEM SLEEP IT OFF!**

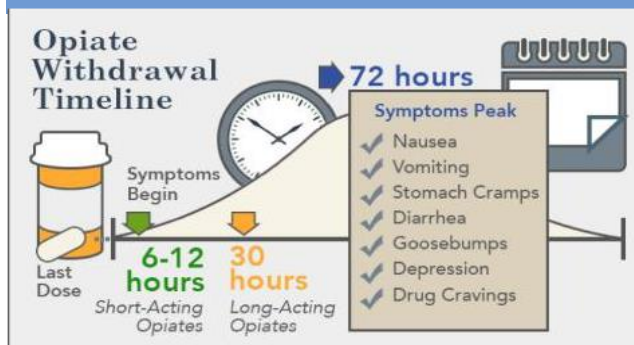
You have protections under the **NC Good Samaritan Law.**

Be prepared and carry Naloxone to help reverse an overdose.

It can be purchased by anyone at a pharmacy, no prescription needed.

OPIOID OVERDOSE RISK FACTORS

- People with a history of a substance use disorder
- People with opioid dependence who have been in jail, treatment or a hospital.
- People who inject or use prescription opioids
- People who mix opioids in combination with other medication, drugs, or alcohol.
- People who use opioids and have medical conditions
- Household members of people who use opioids
- People with mental health issues
- People from a lower socioeconomic class



NATIONAL SUICIDE PREVENTION

We can all help prevent suicide. The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new, has increased, and if it seems related to a painful event, loss, or change:

- Talks about wanting to die or to kill oneself.
- Looks for a way to kill oneself, such as searching ways online or buying a gun.
- Feeling hopeless or having no reason to live.
- Feels trapped or in unbearable emotional pain.
- Talks about being a burden to others.
- Increases the use of alcohol or drugs.
- Acts anxious or agitated; behaving recklessly.
- Sleeps or eats too little or too much.
- Withdraws from people or things; feels isolated.
- Shows rage or talking about seeking revenge.
- Displays extreme mood swings.

SUICIDE IS PREVENTABLE
With Help Comes HOPE