



# Help is Available!

Montgomery County  
**DRUG - FREE**  
Coalition

*I suspect my loved one is  
abusing alcohol and/or drugs.*

## Common Signs and Symptoms:

### Physical Warning Signs

- Bloodshot eyes, pupils larger or smaller than usual; using eye drops to mask these signs.
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Deterioration of physical appearance, personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Slurred speech or impaired coordination.
- Avoiding eye contact, locking doors, demanding privacy.
- Frequent nosebleeds.

### Behavioral Signs

- Skipping class, declining grades, poor attendance at work or school.
- Complaints from coworkers, teachers, friends/peers.
- Unexplained need for money or financial problems.
- Missing money, valuables, prescriptions.
- Sudden change in friends or hobbies; secretive about new friends.
- Increased interest in drug/alcohol lifestyle related music, posters, clothing.

### Psychological Warning Signs

- Unexplained change in personality or attitude
- Mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation; appears lethargic or "spaced out"

### Learn More:

- \*SAMHSA.gov
- \*Drugabuse.gov
- \*Drugfree.org
- \*MHA.Ohio.gov
- \*StartTalking.Ohio.gov

## Common Signs and Symptoms of Specific Drugs:

### Alcohol

- Slurred speech
- Signs of throwing up
- Bottles saved as souvenirs
- Impaired coordination / judgment
- Smell of alcohol on breath/clothing

### Cocaine

- Alertness
- Large pupils
- Sleeplessness
- Talkative/fast speech
- Runny or bloody nose
- Presence of mirrors/ spoons/ razorblades/ rolled money

Looking for an up-to-date drug guide?  
Visit: [Drugfree.org/drug-guide/](http://Drugfree.org/drug-guide/)

### Marijuana

- Sleepiness
- Large pupils
- Bloodshot eyes
- Lack of motivation
- Smell of marijuana in room, car or on clothing
- Rolling papers or other smoking devices/paraphernalia

### Heroin

- Dry mouth
- Disorientation
- Shallow breathing
- Poor mental functioning
- Alternately awake and drowsy
- Injection marks on arms or body

# Montgomery County Drug-Free Coalition

345 West Second Street  
Dayton, OH 45422

Phone: (937) 985-2420  
E-mail: [info@mcdrugfree.org](mailto:info@mcdrugfree.org)

► Saving Our Community!



## *When should I call the police?*

If you feel there is a crisis situation or the situation is dangerous, call 9-1-1 (imminent danger, suicide threat, assaultive / erratic behavior, overdose).



## ***YOU ARE NOT ALONE!***

*The best way to help yourself and your loved one is to educate yourself and reach out to others for support.*

**Contact one of the following support groups:**

- \*Al-Anon / Alateen: (937) 640-2008
- \*Nar-Anon Family Groups: (800) 477-6291
- \*Families of Addicts Support Group: (937) 307-5479

Properly disposing of medications keeps medicine out of the hands of someone who might abuse them.

To find a safe drug disposal site near you, visit: [awarerx.org](http://awarerx.org)



## *Signs of an overdose*

Signs may include nausea, vomiting, dizziness, diarrhea, seizures, inability to wake, abdominal cramps, seizure, abnormal pulse, cold or hot skin temperature, rapid or slow breathing.

***An overdose is a medical emergency! Call 9-1-1 immediately!***



## *Learn how to prevent and manage a heroin overdose.*

Call CrisisCare (937-224-4646) and ask for information on Project DAWN (Deaths Avoided with Naloxone) and how to obtain an overdose prevention kit.

## **Recovery is Possible!**

If you or someone you know is struggling with addiction, call the

**Heroin Helpline**  
(937) 853-4343



## *Intervention eBook: What to do if your child is drinking or using drugs*

An intervention is simply a conversation, but it's an important conversation that you can never have too early. The sooner you intervene, the more pain and danger you will save your child, yourself, and your family in the future. You can read this short, downloadable book from the Partnership for Drug-Free Kids at:

[Drugfree.org/wp-content/uploads/2012/04/2014-intervention\\_guide.pdf](http://Drugfree.org/wp-content/uploads/2012/04/2014-intervention_guide.pdf).



## ***Help is available! (Call 9-1-1 for all emergency crisis situations!)***

- \***CrisisCare:** (937) 224-4646  
24 hours a day, seven days a week
- \***Parents Toll-Free Helpline:** (855) 378-4373  
Monday – Friday, 10:00 a.m.-6:p.m. ET
- \***HelpLink 2-1-1:** 2-1-1 or (937) 225-3000  
24 hours a day, seven days a week
- \***South Community, Inc.:** (937) 293-8300  
24 hours a day, seven days a week
- \***Veterans Crisis Line:** (800) 273-8255 Press [1]  
24 hours a day, seven days a week

For a listing of available resources in Montgomery County, visit:

- \*[MCdrugfree.org](http://MCdrugfree.org)
- \*[DaytonMetroLibrary.org](http://DaytonMetroLibrary.org)
- \*[mccadamhs.org](http://mccadamhs.org)