

# You can make a **difference.**

Here are five things you can do to help end the substance misuse and overdose epidemic.

## **1. Change the narrative around addiction by changing your words.**

Our words hold power and can cause those who have a substance use disorder to feel shame and stigma, which could prevent them from seeking the treatment they need!

Person-first, recovery-focused language moves away from placing blame and aims to remove the stigma around seeking treatment!

Instead of saying..	Use..
Drug user or drug abuser Junkie Addict	Person with a substance use disorder
Drug habit Drug abuse Problem	Substance use disorder Substance misuse/drug misuse Drug addiction
Addicted baby	Baby born to mother who used drugs while pregnant Newborn exposed to substances

## **2. Get trained in administering naloxone.**

The Hamilton County Coalition holds regular [trainings](#) in overdose prevention and naloxone administration. You might save a life one day.

## **3. Count it, lock it, drop it.**

**Count** your prescriptions every two weeks to prevent theft and ensure proper use.

**Lock** your prescriptions up using a [lock box](#) to limit access and prevent accidental ingestion.

**Drop** off unused prescriptions at a [drop off location](#).

**Count It! Lock It! Drop It!**



## **4. Talk to your health care provider.**

Talk to your health care provider about all side effects and concerns.

Ask about other pain management options.

Tell your provider about your and your family’s medical history and any history of substance misuse.

## **5. Have an open line of communication with the young people in your life.**

Partnership to End Addiction has [resources](#) available to help parents and guardians navigate the topic of drug use and addiction, as well as risk factors for addiction and more.

If your child needs help for their substance use, this [resource](#) walks through questions you may have and steps for creating an action plan. The TN Redline is also available for treatment referrals – call or text **1.800.889.9789**.

Resources are available in Spanish. [Recursos in Español](#).



Last updated July 20<sup>th</sup>, 2021.

Note: The provided resources are given as a convenience in finding local or national resources. The Hamilton County Health Department does not endorse, warrant, or guarantee any particular service or organization. We do encourage you to get your information from [evidence-based resources](#). The above image sources are <https://www.vecteezy.com/free-vector/black-doctor> Black Doctor Vectors by Vecteezy and <https://kidshelpline.com.au/kids/issues/talking-your-parents>.