

# HELP PREVENT OPIOID ABUSE



## TALK TO YOUR TEENS!

Teenagers that talk to their parents about prescription drug abuse are up to **42%** less likely to misuse them! Have a discussion with your child, and let them know that prescription drugs can be just as dangerous as illegal drugs if misused. Offer them support, and answer questions as best as you can.

## DISPOSE OF OLD MEDICATION AT HOME...PROPERLY

Opioids are commonly prescribed for pain relief, and may be found in your own medicine cabinet. Discard all old and unused medication properly to eliminate risk of abuse.

### STEP ONE:

Remove pills or liquid from original container. Do not crush the pills!

### STEP TWO:

Mix medication with an off-putting substance, such as coffee grounds or kitty litter and throw in the trash.

### STEP THREE:

Take off any labels from original containers, and throw empty pill/liquid bottles in the trash.

## UTILIZE DRUG TAKE-BACK EVENTS OR DROP-OFF BOXES

Many pharmacies have a designated box for people to dispose of old medication safely. Additionally, pharmacies and police stations may hold a take-back event that provides a safe space to turn in old medicine. Contact your local pharmacy for information on these boxes and events in your area.



**Abundant Health**

Global Ministries

**THE UNITED METHODIST CHURCH**

[umcabundanthealth.org](http://umcabundanthealth.org)

458 Ponce De Leon Avenue, NE

Atlanta, GA 30308 | +1.404.460.7575