

## Safe Handling of Medication



- Dispose of all unused or expired medications at a pharmacy or local safe disposal bin
- Keep potentially harmful or addictive medications locked away from children or pets
- Make sure that you or those around you have access to Narcan, a lifesaving medication for opioid overdose. You can purchase Narcan at most pharmacies without a prescription or speak to your doctor about a prescription
- If you feel that you are at risk of relapse, contact your doctor, 911, or a crisis line

**SAMHSA Addiction Hotline:  
1-800-662-HELP (4357)**



Questions? Concerns?  
Contact us.

734-936-1386

[UM-persist-study@med.umich.edu](mailto:UM-persist-study@med.umich.edu)

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



## Health Information and Resource List

University of Michigan  
Persist Study

IRBMED: #HUM00166747

Local health resources, safety tips,  
and medication best practices

## Things to think about

### Did you know that using drugs and alcohol can...

- Affect your mood and your thinking while using and after using?
- Get you in legal or financial trouble, and hurt your relationships?
- Result in serious injury to you or other people?
- Mess up your chances with a job?
- Increase your risk of getting HIV or STDs?



### Warning signs of a problem with drugs or alcohol include:

- Using often
- Advice from a health care provider not to use prescription medication or drink
- Having frequent hangovers or feeling sick when you don't use
- Feeling run-down, depressed, or even suicidal
- Having "blackouts" -- forgetting what you did while using
- Giving up activities or avoiding your friends and family who don't use

## Additional Resources

Looking for somewhere to get non-emergency medical care or support? Try these local and national resources:

- SAMHSA Treatment Locator  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)
- Michigan Health and Human Services  
[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)
- Support Group Locators  
[www.verywellmind.com/find-a-support-group-meeting-near-you](http://www.verywellmind.com/find-a-support-group-meeting-near-you)  
[www.smartrecovery.org](http://www.smartrecovery.org)
- Mental Health Resources  
[www.samhsa.com](http://www.samhsa.com)  
[www.mentalhealth.gov](http://www.mentalhealth.gov)
- Harm Reduction / MAT information  
[www.harmreduction.org](http://www.harmreduction.org)



## What to do when you're feeling low:

- Contact a trusted friend, family member, sponsor, or counselor and tell them how you feel.
- Find a nearby recovery group
- Find a healthy way to release anger or other emotions like exercise, writing, or drawing
- Contact the 24/7 suicide hotline or call 911 if you feel unsafe.
- Find a pleasurable activity to distract yourself such as taking a walk or listening to your favorite music.
- Visit the emergency room if you need immediate care.

**National Suicide Prevention Line:**  
**1-800-273-8255**  
**For Veterans: press 1**

**UM Crisis Services:**  
**732-936-5900 or 734-996-4747**