



Heroin: How Much Do You Know?

THE FACTS:

- Heroin overdoses cause more deaths than car crashes.
- Most people addicted to heroin spend \$80 to \$200 a day to support their drug habit.
- It can take just three days of regular heroin use to become addicted to it.

About 9.2 million people worldwide use heroin.

DRUGS AND YOUR BRAIN

- When you get excited, your brain wants you keep doing the exciting activity over and over again.
- Certain drugs excite the brain. This is what makes them so addicting.
- This reward causes people to take drugs over and over again.

The chance of surviving an overdose is like surviving a heart attack. It depends on how soon you get help. Studies show that a person could die one to three hours after taking heroin.

CAN YOU RECOGNIZE THE SIGNS OF AN OVERDOSE?

- Cold skin
- Blue colored skin (in light-toned skin)
- Gray or ashen skin (in dark-toned skin)
- Blacking out
- Awake but not able to talk
- Slow, shallow breathing
- Slow, uneven or no heartbeat
- Limp body
- Throwing up
- Choking or snoring sounds
- Seizures
- Pinpoint pupils
- Mental confusion

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If you think that you or someone you know is overdosing, call 911 right away.



Find the Right Help

Treatment can include a combination of the following:

DETOXIFICATION (DETOX)

Detox is medical care that helps you when you first stop using heroin or other drugs. It is hard to stop using drugs. You will experience withdrawal, so doctors and nurses must take care of you. Detox offers counseling and support groups and makes sure you have a place to go when you are done.

REHABILITATION PROGRAMS (REHAB)

Rehab programs take place after detox. They are inpatient programs that last from 7 to 10 days. At rehab, you join support groups to help you get better.

TRANSITIONAL SHELTERS

After detox and rehab, you might go to a transitional shelter next to help you get better. This gives you a place to stay before going to a halfway house. Staff at the shelter help you get to your therapy, medical, and support group visits.

HALFWAY HOUSES

You can go to a halfway house if you do not have a safe, sober place to stay after going through detox and rehab. Here you can live in a sober place while still getting better. You go to outpatient therapy and community groups.

OUTPATIENT CARE

Individual and group therapy visits help you talk about ways to beat addiction. One on one therapy with a counselor can help you deal with the thoughts and actions that cause you to use heroin or other drugs. Group therapy gives you support from others trying to get better too.

GROUPS IN THE COMMUNITY

There are many free groups that offer help for people who want to stay sober.

- Alcoholics Anonymous
- Narcotics Anonymous
- Smart Recovery
- Community Recovery Centers
- Online support groups

MEDICATIONS

There are different types of medicine that can help you handle withdrawal and quit drugs. This is a common choice for people getting over addiction. Here is a list of medications that help prevent the use of addictive drugs.

- Vivitrol (Naltrexone)
- Suboxone/Subtex/Buprenorphine
- Methadone

Talk to your doctor to learn more.

FAMILY AND FRIENDS

Family and friends can help you get better. They can give you support and encouragement during the process. Having a good support system is very important to help you beat addiction.

Not sure which treatment is best?

To learn more, call us.

CHIP: 888.287.5403 | STAR: 888.287.5402

IdealCare: 855.765.9696

tty: 855.539.5876

www.beaconhealthstrategies.com

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