

Recognizing the signs of depression and anxiety

- Withdrawal from friends and activities
- Decline in school performance
- Changes in eating or sleeping habits
- Unexplained injuries or frequent talks about self-harm
- Expressions of hopelessness or worthlessness
- Giving away prized possessions
- Somatic symptoms like stomach ache, headache, increased heart rate, fatigue, lethargy
- Avoidance of or disinterest in enjoyable activities

Ways to help your friend or peer

- Find a quiet, private place to talk where they feel safe.
- Ask open-ended questions like, "I noticed you haven't been yourself lately. Do you want to talk about it?"
- Practice active listening, which allows them to share, without interrupting or offering immediate solutions.
- Use phrases like, "That sounds really tough," or "I'm here for you."
- Encourage calming activities like drawing, journaling, watching a comforting video, or listening to music.
- Engage in physical activity by taking a walk with them, playing a sport, stretching, or practicing yoga.

When to seek additional support:

- Your friend talks about suicide or self-harm.
- They shows signs of severe depression or anxiety that are worsening.
- They exhibit risky behaviors that could lead to harm.

If a friend is in immediate danger:

- **Inform a trusted adult immediately.**
- **Dial 988 for the National Suicide Prevention Lifeline.**

Mental health crisis and support resources

- **Dial 988** for the National Suicide and Crisis Lifeline
- **Text HOME to 741741** for the Crisis Text Line
- **Visit Warmline.org** if you need help, but aren't in crisis
- **Text TEEN to 839863 or dial 1-800-TLC-TEEN** for Teen Line
- **Text START to 678678 or dial 866-488-7386** for The Trevor Project



**Scan to visit
our website**

Dial 988 if you or someone you know are in immediate danger

Overdose Awareness and Prevention

- Overdose can be caused by a variety of substances, including heroin, fentanyl, morphine, Oxycodone, Hydrocodone, Codeine, Cocaine, Meth, Ecstasy, Alcohol, Xanax, Ativan, and others.
- Fentanyl is a potent synthetic opioid often mixed with other illicit drugs like those mentioned above.
- Fentanyl is **50-100 times stronger than morphine**, and very small amounts of fentanyl can be fatal.
- **For teens, 84% of fatal overdoses involved fentanyl.**

Naloxone (Narcan)

Narcan is a life-saving medication used to rapidly reverse opioid overdose, typically in nasal spray form. There are no adverse effects if administered to someone who is not overdosing.

Recognizing Overdose

If you notice:

- Unresponsiveness
- Breathing Issues
- Weak Pulse
- Cold Clammy Skin
- Blue Discoloration
- Pinpoint Pupils
- Vomiting
- Choking



Do the following:

- Administer Narcan
- Call 911
- Stay with the person and monitor them
- Administer a second dose after 2-3 minutes if the person does not respond.



How to administer Narcan

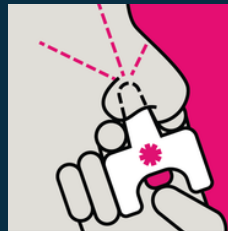
Lay



Check for slowed breathing or unresponsiveness.

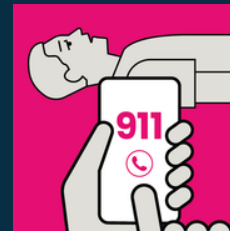
Lay the person on their back and tilt the head up.

Spray



Insert device into either nostril and press plunger firmly.

Stay



Call 911 immediately and continue to administer doses as needed.

Substance use and Narcan resources

- OASAS | Office of Addiction Services and Supports
- NYC Health | The NYC Department of Health and Mental Hygiene
- NYS distribution sites
- Pharmacies | Over the counter



Scan for
Narcan info

If you suspect an overdose is occurring, **administer Narcan and dial 911 immediately**