Heroin & Opioids may know no boundaries.

But neither does love.

# You are not alone on this journey.

Help is available for you and your loved one

**Nar-Anon Family Groups**
www.nar-anon.org

**Suffolk Area Service of Narcotics Anonymous**
(631) 689-6262

**Opioid Overdose Prevention Programs Directory**
http://on.ny.gov/1DUBVuL

**Long Island Council on Alcoholism & Drug Dependence (LICADD)**
http://licadd.com/

**Huntington Drug and Alcohol Counseling Center**
(631) 271-3591

**Free Community Trainings in Opioid Overdose Prevention Program Suffolk County Government**
For dates, times and registration forms:
http://bit.ly/1P4dx5v
RSVP to (631) 853-4017

**For help 24 hours a day, 7 days a week call**
**1-877-8-HOPENY**
**(1-877-846-7369)**
**http://www.oasas.ny.gov/accesshelp**

CHAD **Lupinacci**
*State Assembly*

# Don't panic. You're not alone.

**Heroin and opioid use has risen to traumatic levels. It's reached every corner of our state and hit home in communities like ours – and taken too many young lives as a result.**

**Fear, anger, worry and guilt are normal feelings to have. But most importantly, our loved ones need our support.**

**Here are some warning signs if you think a loved one is using heroin or opioids:**

- MOODINESS
- CASUAL DECEPTION
- WITHDRAWAL FROM FAMILY
- LOSS OF INTEREST IN HOBBIES AND FRIENDS
- CHANGE IN SLEEPING HABITS
- TROUBLE IN SCHOOL
- LOSS OR INCREASE IN APPETITE; WEIGHT LOSS OR GAIN


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# How do we fix this going forward?

## PREVENTION

**COMMUNICATE** about the risks of heroin and opioid abuse.

**LISTEN** when loved ones talk about peer pressure and offer suggestions on how to resist it.

**SET A GOOD EXAMPLE** for them to live by.

**STRENGTHEN THE BOND** so it's strong and stable and will reduce the risk of drug abuse.

## EDUCATION

**Early education about the dangers of heroin and opioid abuse is critical.** It's important community partners, such as survivors, parents of lost loved ones, law enforcement and counselors, come together in an effort to speak about the dangers and consequences of heroin and opioid abuse. When a community comes together during tragic times, valuable lessons about strength and unity can be learned by all.

## TREATMENT

It is important to remember that heroin and opioid addiction is a chronic, relapsing disease (like diabetes, asthma or heart disease) that can be managed successfully. You should consult your doctor about behavioral and medication-based treatment options when looking to help a loved one battle their disease.

**Most importantly, do not forget to get help for yourself.**

Insurance companies must offer more, and more affordable, long-term treatment options so our loved ones can receive help to battle this disease.

## LAW ENFORCEMENT

The men and women who patrol our communities and work hard to keep us safe also know firsthand the perils of heroin and opioid abuse. They, too, are here to help protect our loved ones. That's why it's important we provide law enforcement with the tools and resources they need and create harsher penalties for drug dealers.