

What's in Your Medicine Cabinet?



It's important to monitor all the medications you keep in your home, including over-the-counter drugs and prescriptions.

Medication	Dosage	Date Filled	Original Quantity	Quantity Remaining		
				Date	Date	Date

Check your medications and record their quantities at least once a week to avoid the possibility of substance abuse.



It Can Happen to Anyone

You may think, “This would never happen to me,” or, “My child would never use or steal my medications,” but the reality is that opioid addiction can happen to anyone.

70% of youths over the age of 12 who abuse opiates get them from a family member or friend, not a personal prescription.

3 out of 4 heroin users reported abusing painkillers first.

At least **half** of opioid overdose deaths in the U.S. involved a prescription opioid.

78 Americans die of an opioid overdose daily.

Source: National Institute on Drug Abuse, 2016

What can you do?

- Keep close track of your prescription medications
- Communicate with your family about substance abuse
- Know substance abuse warning signs (withdrawal, irritability, changes in friends, unusual financial requests, frequent sinus infections, etc.)
- Dispose unused or expired medications appropriately

If you think you or someone in your family may have a substance abuse problem, talk to your doctor and get help right away. Or, call the Mental Health and Chemical Dependency number listed on the back of your member ID card.

For more information, visit bsneny.com/wellness or call one of our health coaches at 1-877-878-8785, option 2.

Suicide Prevention Lifeline

1-800-273-TALK (8255)

TTY: 1-800-799-4889

suicidepreventionlifeline.org

Behavioral Health Treatment Services Locator

Find alcohol, drug, or mental health treatment facilities and programs at findtreatment.samhsa.gov

New York State HOPEline

1- 877- HOPE-NY

Safe Disposal of Controlled Substances

health.ny.gov/professionals/narcotic/safe_disposal



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