

## Signs of Addiction

- Loss of interest in personal appearance & hygiene
- · Mood changes & angry outbursts
- · Anxiety, sudden weight loss
- · Dry mouth, dark circles under eyes
- · Needle marks, slurred speech
- · Missing or bent spoons, valuables
- · Empty pens, Q-tips rolled dollar bills, tin foil with burn marks
- · Missing shoelaces
- · Belts with teeth marks

## Signs of an Overdose

- · Very limp body and very pale face
- · Blue lips or blue fingertips
- · Slow breathing or no breathing
- Not waking up when you yell their name or firmly rub their chest
- · Heavy nodding; losing consciousness
- · Choking sounds or gurgling

Narcan is a prescription medicine that reverses an opioid overdose. Walgreens · Rite Aid · Cambridge Needle Exchange (617-599-0246) Learn to Cope (www.Learn2Cope.org) & North Suffolk Mental Health in Revere are a few available locations where you can find Narcan in and around Everett.

Everett Overcoming Addiction is a community group working to address the crisis locally, and may be reached at EverettOvercomingAddiction@gmail.com or through Facebook at facebook.com/EverettOvercomingAddiction