



PHOENIX  
CHILDREN'S

# REDUCING RISK OF OVERDOSE IN YOUR HOME

**Medication and opioid misuse, including addiction and overdose, is an increasing problem with children and young adults.**

**Learn how to keep your loved ones of all ages safer with these medication safety tips:**

- Use medication only as directed by a doctor or pharmacist.
- Store all medications in a safety lockbox or secured area.
- Dispose of expired medication or medication that is no longer prescribed for anyone in the household.
  - ◆ Disposal options: Check with your local police department or pharmacy for options to safely dispose of unused medicines.

**Begin conversations with your children about their feelings:**

“Have you ever had a thought, or experienced a time, where you wished you were not here anymore?”

\* Call **9-1-1** for **Immediate Medical Help**

\* Call the **National Suicide Prevention Lifeline** at **1-800-273- TALK (8255)** if you or someone you know is experiencing suicidal or emotional distress

\* Call **Poison Control** at **1-800-222-1222** if you or someone you know is experiencing an emergency related to drugs or poisoning

