

FRIENDSHIP DAY

August 4, 2019

Celebrate the strength and power of friendship!

Friends are an important part of our lives. They are there for us as we celebrate the special moments in our lives and also, their encouragement and support can help us through the difficult times.

- ✿ Call, email or text a friend today!
- ✿ Plan something to do together!
- ✿ Send a photo with a caption written on it!
- ✿ Have lunch or dinner together!

3 Ways friendships can help improve your overall health and well-being:

1. Good friendships help reduce stress.
2. Friends can help you feel emotionally and physically better.
3. Friends who show they care help improve the quality of your life overall.

Source: Blagrove, Kadia (2018, February 16). 3 Ways Good Friends Can Help You Feel Healthier and Happier, According to Recent Studies. Retrieved from https://articles.aplus.com/a/friendships-improve-health-happiness-survey-shows?no_monetization=true

INTERNATIONAL OVERDOSE AWARENESS DAY

August 31, 2019

International Overdose Awareness Day is dedicated to remembrance, awareness, education and action to help eliminate overdose deaths. Our society is experiencing large numbers of deaths due to overdoses and those numbers continue to rise each year. In 2017, Ohio was the 2nd highest in opioid related overdoses.

Tragically, many people have felt the pain and loss of losing a family member or friend to an overdose. Research shows that many people become addicted to opioids such as morphine, codeine, or oxycodone after surgery and then move on to heroin as the disease of addiction progresses. Addiction is characterized by a powerful, compulsive urge to use opioid drugs, even when they are no longer required medically. Around 2013, fentanyl, a synthetic opioid 80-100 times stronger than morphine, began to be mixed with heroin to make it more potent. Fentanyl is now the drug most frequently involved in overdose deaths in the U.S., according to a National Vital Statistics System report published from the Centers for Disease Control and Prevention. Recently, drug dealers have begun adding carfentanyl, another synthetic opioid 10,000 times stronger than morphine, to heroin. Just a few granules of this extremely dangerous, large animal tranquilizer are enough to be lethal. Getting high has never been more dangerous to opioid addicts nor the risk for unintentional death so great.

How can you help a friend in need?

- Have important phone numbers available:
Narcotics Anonymous 419-842-4449
SMART Recovery 1-866-951-5357
- Offer your love and support.
- Let them know that you are there for them when they are ready to get help.

**BRING IT
TO LIGHT**
INTERNATIONAL
OVERDOSE
AWARENESS DAY

If you need help with a possible substance use or abuse problem or know someone with a potential problem, call to talk with one of our chemical dependency counselors.

StressCare Behavioral Health EAP
419-531-3500