

# Do You Know Someone Who Suffers from Addiction?

## Possible Signs of Addiction:

- Irritability
- Changes in personality
- Dramatic mood shifts
- Changes in behavior
- Change in sleeping patterns and eating habits
- Change in physical appearance/lack of hygiene
- Loss of interest in usual activities
- Change in friends
- Attendance or performance issues at school or work
- Sudden financial troubles
- Pill bottles around the house

## Online Resources:

- NJCARES - A Realtime Dashboard of Opioid Data  
[www.njcares.gov](http://www.njcares.gov)
- Project Medicine Drop  
(locations for safe disposal of prescription pills)  
[www.njconsumeraffairs.gov/meddrop](http://www.njconsumeraffairs.gov/meddrop)

More...

**NJCARES.gov**  
New Jersey Coordinator for Addiction Responses and Enforcement Strategies



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## Talk to Your Children about the Risks of Drug Use

Below are some suggestions for getting the conversation started:

### Learn from Others

- Be open and honest about someone you know who is battling addiction.
- Provide details about steps toward recovery.
- Emphasize need for support of family and friends in times of crisis.

### Identify Positive Role Models

- Point out qualities of positive role models – those who drink responsibly, initiate recovery, or don't abuse drugs.
- Encourage dialogue about drug use dangers to health, career and reputation. Contrast positive role models with negative examples from public life (celebrities with drug problems, for example).

### Practice Refusal Skills

- Reinforce good decisions and promote confidence to avoid high risk behavior.
- Encourage options for direct refusal (no thanks)
- Brainstorm ideas for exit strategies when faced with tough decisions.

### Relay Risks of Pain Medication

- Before taking a prescription opioid, have a discussion with the doctor about alternatives.
- Know the risks of addiction.
- Understand the importance of proper storage and safe disposal of medications.



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GURBIR S. GREWAL, ATTORNEY GENERAL

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