

YOU HAVE THE POWER TO SAVE A LIFE, EVEN YOUR OWN.

Addiction is preventable, so is an overdose.



2 STEPS TO PREVENT ADDICTION

1. Take drugs for pain exactly as the doctor directs.
2. Tell the doctor if your pain feels worse or you find yourself taking more of the drug to feel relief.



6 SIGNS OF TROUBLE

A person may overuse or misuse pain drugs if he or she:

1. Takes a drug in any other way or for another reason than how the doctor directed.
2. Is happy one minute and angry the next.
3. Sleeps more or less and at different times than usual.
4. Borrows drugs from someone else.
5. Asks for the same pain drugs from different doctors.
6. Behaves dangerously or risks others' safety to get more of the drug.

NEED HELP?



If you're a Blue Cross member:

- Call the 24/7 Substance Use Member Hotline at **1-877-326-2458** to speak with a clinical professional.
- The hotline is operated by New Directions, an independent vendor that provides behavioral health services for Blue Cross and its subsidiaries.

If you're not a Blue Cross member:

- Call your health plan or an employee assistance program if you have one at work.
- Find help in any parish at www.opioidhelpla.org, a program of the Louisiana Department of Health.



Louisiana

www.bcbsla.com/SaferPainCare



www.BRHealthDistrict.com