AN HONEST LOOK AT THE EXPERIENCE

WHAT DID IT GIVE YOU? WHAT DID IT COST?

Maybe you were curious. Maybe you wanted to fit in, feel less, or forget something for a while.

Something I liked about the feeling:

Something I did not like afterward:

One thing I want to understand:

Honesty gives you something to work with. Shame does not.

WHEN IT IS URGENT

CALL FOR HELP. STAY IF IT'S SAFE.

Hard to wake? Slow or no breathing?
Gurgling or choking sounds?
Call 911 now. You do not need to be sure it is an overdose.

CALL 911.

Possible opioid overdose? Give naloxone if available, following its instructions. Follow the dispatcher's instructions for breathing support.

If breathing, lay them on their side.
Stay until help arrives, if safe.
Tell responders what you know.

A worksheet can wait. Get help first.

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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18 / TEENS AGES 13–18

TRIED IT? YOU STILL HAVE CHOICES

Let's look at what happened. No shame. No lecture.



YOUR EXPERIENCE MATTERS. SO DOES WHAT YOU NEED.

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Mile or a Millimeter

01 / NOTICE WHAT CHANGED

BEFORE. DURING. AFTER.

Think about a time you used.
What changed for you?
You can leave any prompt blank.

Before, I felt:

While using, I noticed:

Afterward, I felt:

Something can feel helpful in a moment and still bring risks.

02 / THE NEED UNDERNEATH

WHAT WAS IT DOING FOR ME?

Did it help you feel something, feel less, forget, or fit in? Check what fits.
You can add your own words below.

- ☐ A break from stress or memories.
- ☐ Feeling included or accepted.
- ☐ More energy, fun, or confidence.
- ☐ Curiosity or something else.

What I needed underneath that:

Another way to meet part of it:

If using helps you get through the day, tell a counselor. You deserve support.

03 / WHAT I WANT NEXT

MY NEXT REAL STEP



You do not have to figure this out alone.
A trusted adult or clinician can listen and help you think through choices.

Something I want more or less of:

Someone I could be honest with:

One question I want answered:

“I used something. Can we talk about what it did for me and what I need?”