WORDS YOU CAN BORROW

YOU CAN ASK FOR CARE, TOO.

A safe adult can help you make a plan.
You can start with one sentence.

“Someone I care about is using. It is affecting me. I need help figuring out what to do.”

An adult I can tell:

What I need them to understand:

If they cannot help, I can tell:

You can ask for help again.

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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17 / TEENS AGES 13–18

WHEN SOMEONE YOU LOVE USES

You can care.
You still need care.



THEIR USE DOES NOT HAVE TO BE YOUR SECRET.

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Mile or a Millimeter

01 / WHAT YOU HAVE BEEN CARRYING

YOU DIDN'T CAUSE THIS.

Being more helpful, quieter, or perfect cannot make someone stop using.
You deserve support for how it affects you.

Something I have been carrying:

How it has been affecting me:

Help I need for myself:

You can love someone and feel angry, scared, or worn out.

02 / MY SAFETY MATTERS

A PLAN WITH SOME BACKUP

You do not need to confront someone who is intoxicated or feels unsafe.
Ask a safe adult to plan with you.

A safe adult I can reach:

A safer place I could go:

How I could get there safely:

Skip a ride with anyone who has been drinking or using. Ask a safe adult to help arrange a sober ride. Immediate danger? Call 911.

03 / ROOM FOR MY LIFE

CARE WITHOUT CARRYING IT ALL



You can care about someone and still need sleep, friends, and things you enjoy.
Support can include a counselor.

Something I want time for:

One limit I want adult help with:

My next small step:

Write only what you want to record.