



Recognize the Signs of Opioid Use

What are the signs of opioid use?

► Physical Signs:

- Drowsiness
- Small, constricted pupils
- Slurred speech
- Frequent scratching
- Bruises on arms or legs from injections
- Missing money, valuables or prescriptions

► Behavioral Signs:

- Secrecy, lying or manipulation
- Sudden changes in friends, habits or routines
- Poor performance at work or school
- Mood swings or irritability
- Anxiety or depression
- Paranoia or confusion

Symptoms may vary depending on the person's overall health, type of opioid and frequency of use.

Understanding the warning signs can be a first step toward getting your loved one help. Medication-assisted treatment could be the next step.

Concerned a Loved One Is Using Opioids?

If you believe your loved one may be using opioids, it's important to act with compassion — not judgment.

What to do if you suspect opioid use

- Start a conversation in a calm, private setting.
- Avoid enabling their behavior by providing money or ignoring signs.
- Educate yourself about treatment options and offer to help them find support.

Medication-assisted treatment (MAT) can help

Our medication-assisted treatment (MAT) program offers medicines to help treat opioid addiction such as methadone, Suboxone®, Vivitrol® and long-acting shots. MAT may help reduce or eliminate cravings, preventing relapse and lowering the risk of overdose.

If you or a loved one is struggling with a substance use disorder, visit myfoundationshealth.com for more information or call 336-899-8889 or 804-471-4711 for a no-cost, confidential assessment.