



WHAT DO I NEED TO KNOW?

HAVE YOU OR A LOVED ONE...

- Lost control over substance abuse?
- Developed a drug/alcohol tolerance?
- Experienced withdrawal symptoms?
- Abandoned hobbies and passions in pursuit of drugs/alcohol?
- Continued using, despite knowing it's harmful?

YOU ARE NOT ALONE.

Begin your recovery today!



Call McKinley Hall Alcohol and Drug Services at
937-328-5300

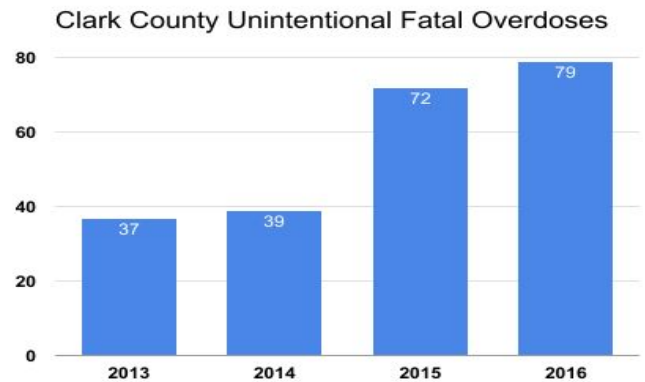


Call Mercy Reach Outpatient Services at
937-390-5338



Visit the Cornerstone Project at
1200 E. Home Rd. Springfield, OH

How Bad It Is



How to Spot an Overdose

- Breathing stops or becomes slow and shallow (less than 10 breaths per minute)
- Unconscious and/or unresponsive
- Blue or gray lips and fingernails
- Choking or loud snoring noises
- Slow, erratic, or no heartbeat
- Gray, blue, or ashen skin
- Pale, clammy face
- Vomiting

How to Help

- **Call 911** for emergencies.
- Call McKinley Hall or Mercy Reach for Narcan kits, treatment, and hope.
- Visit clarkcountysac.org Click the **Treatment, Programs,** and **Families** sections to access Clark County resources.

“EVERYTHING IS OKAY IN THE END. IF IT’S NOT OKAY, THEN IT’S NOT THE END.”

- Unknown