

# UNDERSTANDING PRESCRIPTION DRUGS

## WHAT'S THE HARM WITH USING PRESCRIPTION DRUGS?

Prescription drugs can help when used correctly and under the supervision of your healthcare provider, but misuse is always risky and unsafe - no matter the substance.

## SAFE PRESCRIPTION DRUG USE

- Follow directions of use exactly as prescribed by your healthcare provider.
- Never increase or decrease the dose of your medication without your provider's knowledge and approval.
- Pay attention to any substances, medications, or activities that should be avoided while taking your prescription.
- Keep in contact with your provider, ask any questions you have, and report any concerns you may have.

## STORAGE AND DISPOSAL TIPS

- Keep medications in original packaging.
- Keep medications in a safe and secure location out of reach from others.
- Never share or give your prescription medication to others.
- Dispose of medications safely, following the recommended guidelines.

## WANT TO QUIT?

- Talk to a trusted adult or healthcare provider for support.
- Avoid situations where you may be tempted and practice refusal skills.
- Practice healthy coping skills and do activities you enjoy.
- Ask for help - You're not alone, and it's okay to ask for help.

## RESOURCES

- **Massachusetts Substance Use Helpline:** 1-(800)-327-5050; [www.helplinema.org](http://www.helplinema.org)
- **Boston Children's ASAP Program:** (617)-355-2727; [ASAP@childrens.harvard.edu](mailto:ASAP@childrens.harvard.edu)
- **SAMHSA's National Helpline:** 1-(800)-662-HELP (4357)
- **Walpole Prevention Coalition:** [www.walpolepreventioncoalition.com](http://www.walpolepreventioncoalition.com)

