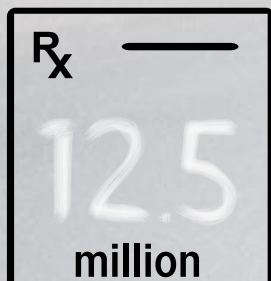


## Cover-Up?

People experience mental illnesses differently. Some engage in potentially risky behaviors, like recreational drug use, to avoid or cover up symptoms of a mental-health problem. That kind of risky behavior can potentially lead to a mental-health crisis.



people misused opioid pain relievers in the past year.

## Risky Business

May is Mental Health Month. Learn how far is too far when it comes to drug abuse and mental health.

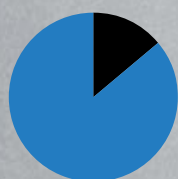
## Cause?

People with mental-health problems abuse drugs at a much higher rate than those without mental illnesses. If they're self-medicating, they may feel temporary relief. But when they're not using, often their symptoms return stronger than before.

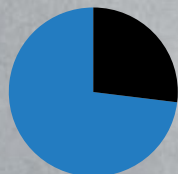
People with mental illnesses are

**3x**

more likely to misuse prescription drugs.



16%  
of parents  
and



27%  
of teens

believe that using prescription drugs to get high is safer than using street drugs.

Over

$\frac{1}{2}$

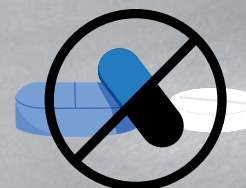
of people who misused prescription pain relievers got them from friends or relatives.



More than

27%

of people with mental-health issues have abused illegal drugs.



## What you can do

- Use medications as directed.
- Call 911 or get immediate help if you or a loved one have an emergency related to prescription drugs.
- Properly dispose of expired or unused medications.
- Store medications in a safe place to prevent them from being used inappropriately.

## Where to get help

**Suicide Prevention Lifeline:** 1.800.273.8255

**Crisis Help:** Call 2-1-1 or visit 211.org

**National Alliance on Mental Health (NAMI)**

**Helpline:** 1.800.950.NAMI (6264)

- Hampton/Newport News chapter: 757.690.1370
- Norfolk chapter: 757.375.5298
- Virginia Beach chapter: 757.499.2041