Healthier Choices. Happier Life.

Take care of your self.  
*It’s the only one you get.*

Using any substance can hurt or kill you—and your chances of a bright future.

- **Fentanyl** has no odor or taste and may be in “fake” drugs. You could overdose or die. Only take pills a doctor prescribes for you.
- **Heroin, cocaine or crack use**—even once—can cause overdose. Opioids can cause long-term brain damage.
- **Vaping** is not safe. It contains chemicals, is addictive, and harms your lungs and brain.
- **Marijuana** hurts your memory, brain and performance. You can become addicted to other drugs.
- **Alcohol** can cause lifelong damage to your brain and leads to alcohol problems later in life.
- **Smoking** gives you breathing problems and can lead to lung disease and cancer.

Connect and stay healthy.  
*Friends help you get through tough times.*

When you don’t use substances, your brain and body are healthier. You can do more.

- Join a club, share a meal, or just hang out with your friends. Connecting helps you survive in tough times.
- Get involved in a cause important to you. Volunteer at a food bank, retirement center, or an animal rescue center.
- Get active! Exercise helps you manage stress and anxiety and makes you feel good.
- If a friend uses opioids, carry naloxone and know how to help. Encourage them to get professional help.
- If a friend needs help, tell them to text the Crisis Line at 741741. Always call 911 in an emergency.

For more information, visit [tpchd.org/takecare](http://tpchd.org/takecare).