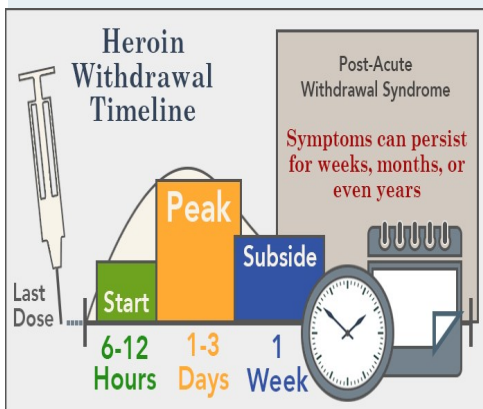


Symptoms of Heroin withdrawal

- Intense craving for heroin
- Extreme sweating
- Nausea and vomiting
- Severe muscle aches and pains
- Cramping in the limbs
- Feelings of heaviness of the body
- Extreme pain in muscles and bones
- Crying jags
- Insomnia
- Cold sweats
- Runny nose
- Fever
- Diarrhea

Death can occur when other medical conditions are present.



Finding help for drug abuse and addiction in Suffolk county

YMCA of Long Island

(631) 580-7777

Services include :

- ◆ Individual, Group and Family counseling
- ◆ DWI Track for 1st time offenders
- ◆ Woman's group
- ◆ Anger and stress management groups
- ◆ Relapse Prevention
- ◆ Assistance with community resources
- ◆ Financial assistance
- ◆ Medical and managed Care Medicaid accepted
- ◆ **Hispanic Program**



[Suffolk County Sheriff's Office](#)

100 Center Drive
Riverhead, NY

Phone:
631-852- 3763



Nelson #714

Drugs

Call LICADD's 24-hour hotline
for more
information about
resources and
accessing treatment.
(631) 979-1700



Community Relations
Unit

Sheriff Errol D. Toulon, Jr.

"What should I do if I think one of my friends is using drugs...What should I tell them to convince them to stop?"

Find out if your friend is experimenting with drugs, or if he may be **addicted**. Neither one is good—but you may need more support if your friend is addicted.

Understand that **addiction is a brain disease**. Just like you wouldn't expect someone with cancer to be able to heal themselves without a doctor's help, the right treatment, and support from family and friends, you can't expect your friend to heal themselves.

Know that it's never easy for anyone to admit that they have a drug problem. You'll need to be patient—and not give up easily.

Listen, encourage, share, and support. Sounds easy, right? But it's so hard. Try **"How to Help a Friend in Need."** <https://teens.drugabuse.gov/blog/post/how-help-friend-need>

BTW, it's tough having a friend with addiction issues. So, if you need some support, visit: <http://www.alanon.alateen.org/>.



Recognize Symptoms of Substance Abuse

Marijuana - red eyes, reduced concentration, drowsiness, talkativeness, laughter, hunger, euphoria, relaxed, disoriented behavior and dramatic change in lifestyle.

Alcohol - Intoxication, watery glazed eyes, mood swings, slurred speech, unsteady walk, and loss of appetite.

Cocaine - Bright, staring, shiny eyes, excitation, euphoria, high pulse, higher blood pressure, restlessness, insomnia, appetite loss, dramatic mood change and runny nose.

Methamphetamine - Dilated pupils, bright shiny eyes, excitation, alertness, talkative, increased pulse rate and blood pressure, anxiety, insomnia, appetite loss, confusion, paranoia, and sweating.

Depressants - Constricted pupils, slow breathing and heart rate, slurred speech, disorientation, and drunken-like behavior.

PCP - (Phencyclidine) - Wide staring eyes, hallucination, poor perception of time and distance, paranoia, irritability, panic, confusion, anxiety, slurred speech and loss of memory. May be drowsy or hyper; impaired coordination.

LSD - (Lysergic Acid Diethylamide) - Dilated pupils, hallucinations, poor perception of time and distance; mood will be altered, may experience panic, confusion, and anxiety.

Narcotics/Opiates - Pinpoint pupils, euphoria, drowsiness, head nodding, slowed breathing, and apathy.

Inhalants - 'Wild' eyes, dilated pupils, psychosis, paranoia, violent actions, paint on face, loss of memory function, and odor of glue or paint.

Steroids - Edginess, excitability, anxiety, anger, panic, depression, poor concentration, shorter attention span, insomnia, swelling or bloating of the face and/or body, pimples on face and back, and increased muscle bulk. Threatening or escalating anger in relationship, more bad times than good times in relationship.

YOUR SHERIFF URGES YOU TO

Educate and protect yourself and those you love from drug abuse!