



Texans are facing the opioid crisis together.

While prescription opioids are one way to safely manage pain when used as prescribed, there are significant, and preventable, risks involved. Every Texan needs to understand how misusing prescription opioids can lead to physical dependence, addiction and overdose.

In 2020, **91,799** drug overdose deaths occurred in the United States

Centers for Disease Control and Prevention

More than 75% of overdose deaths involved either prescription or illicit opioids like heroin

Centers for Disease Control and Prevention

Nationwide, **nearly 80%** of people who use heroin report misusing prescription opioids prior to heroin

National Institutes of Health



TEXAS
Health and Human
Services

*Texas Targeted
Opioid Response*



WHAT ARE OPIOIDS?

Opioids are a type of medication used to reduce pain. When taken as directed by a doctor, prescription opioids — such as Vicodin, Ultram, Oxycontin or Percocet — are one way to safely manage severe pain.



TAKE ACTION TO PREVENT OVERDOSE AND ADDICTION

Opioids are highly addictive. Misusing your medications includes taking more than prescribed, taking someone else's medication and any non-medical use. If you take too much, it can slow your breathing and lead to death. Combining opioids with alcohol, benzodiazepines or other respiratory depressants increases your risk of overdose and death.

To reduce your risk, don't share your medication with others and keep your medicines in a safe place. Dispose of expired or unused prescriptions at your local pharmacy.

Talk it over with your doctor to understand the risks of prescription opioids, or ask about other ways to manage pain safely.



TALKING ABOUT MISUSE AND ADDICTION

If you are concerned that a friend or family member may be misusing prescription opioids, it's time to speak up. It may be challenging, but talking about opioid addiction is the first step toward better health. Saying something can save someone's life.

One way to address the issue is to share what's changed in their life since they started using. This may look like helping them see how the pills got in the way of the things they care about, how their friendships, family or career are being neglected and how that is affecting their life. Don't take it personally if they get defensive, just remind them you care about them.

Learn how to protect yourself and your family from prescription opioid misuse and find out where to get help at txopioidresponse.org

TEXAS TAKES ACTION

The opioid crisis is a top priority for Texas. The Texas Health and Human Services Commission (HHSC) is committed to addressing the opioid crisis and protecting the health and safety of all Texans. Texas Targeted Opioid Response (TTOR) is a public health initiative operated by HHSC through federal funding from the Substance Abuse and Mental Health Services Administration.

TTOR has a mission to save lives and provide life-long support to Texans with opioid and stimulant use disorders by expanding access to prevention, integrated, treatment and recovery support services.

Learn more at txopioidresponse.org



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