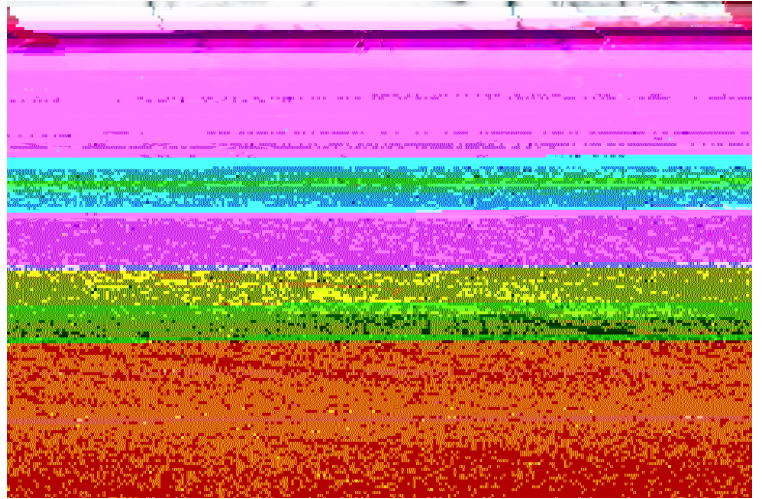
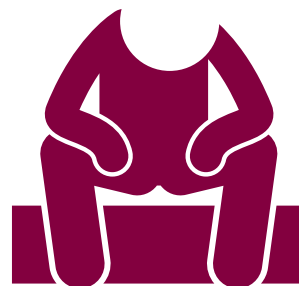




5'gd]bU`WcfX`j]b↑fmfG7 Ǝ'XcYg' bch\Uj Y'rc'_YYd
nci`Zca`VY]b[`UW]j`Y"5XUdhj`Y`gdcfrg`UbX
fYWfYU]cb`UfY`[`ccX`Zcf`nci`f\YU`h`UbX`k`Y`!VY]b["
7mW]b[`]g`cbY`cZ`h`Y`a`cghUXUdhUV`Y`gdcfrg"McI







Gma dhca g'cZ8YdfYgg]cb

8YdfYgg]cb`cc_g'X]ZYfYbhZcf'Yj YfmcB Y`H\Y'd]Wfi fY`VY`ck ``]ghg'gca Y'cZ\h Y
a cghVca a cb'g][bg'UbX'gma dhca g'cZXYdfYgg]cb"9j YfmcB Y'YI dYf]YbWg
h\YgY'ZY'Y]b[g'gca Yhja YgZ'Vi h]Zmci `bch]W'WXUb[Yg`Ugh]b[`tk c'k YY_g'cf
a cfYZ]ha][\hVY'hja Y'hc'[Yh\Y'd"

Guilt

: YY]b[``LY'mci `UFY
X]gUddc]b]b[`mci fgY'Z
cf'mci f`cj YX'cbYg"

Hopelessness

: YY]b[``LY'h]b[g'k]`bch[Yh
VYhYfZ'mci `WbbchZ]bX
Ubrh]b[`hc`cc_`Zcfk UfX'hc"

Worthlessness

Insomnia

BchVY]b[`UV'Y'hc
g'YYd"G'YYd]b[`hcc
`]hY'cf'hcc'a i WX'UFY
Vch'gma dhca g"

Aches and Pains

Mci f'VcXmZY'g
gcfYzk YU_žcf'h]fYX
Zcf'bc'fYUgcb"

Anger

: YY]b[`a UX'cf']ff]hUV'Y
cj Yf'h]b[g'hUh
bcfa U`mik ci `X'bch
VchYf'mci `Ug'a i WX"

Isolation

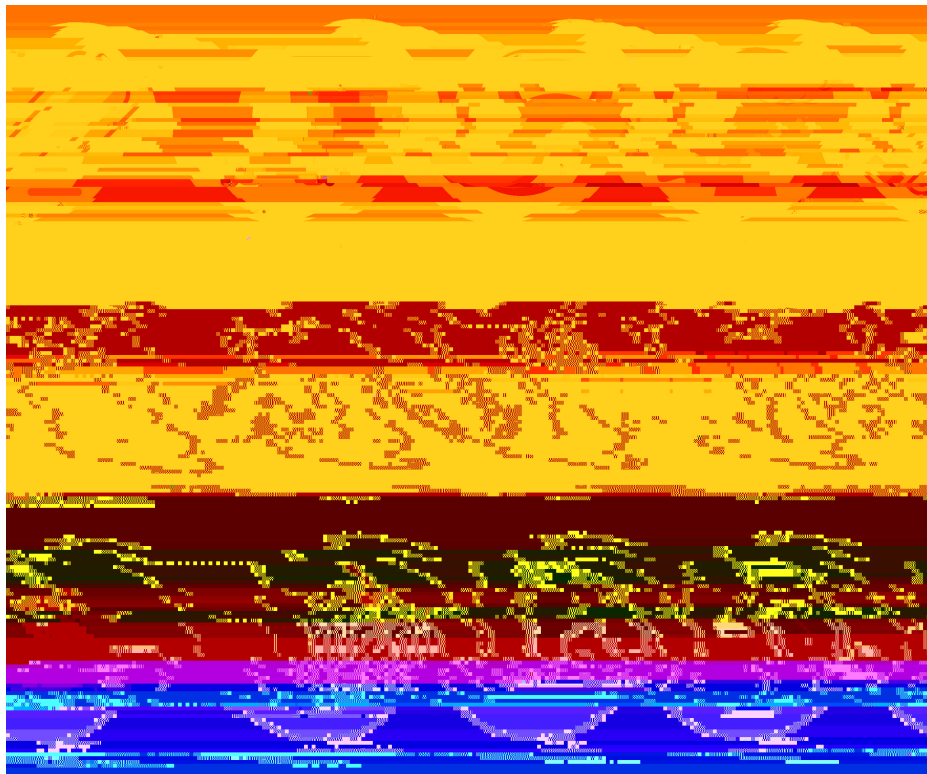
@cg]b[`VcbbYW]cbg'k]h
Z]YbXg'cf'ZJa]nžg_]dd]b[
gcWU`Yj Yb]gZ'ZY]b[``LY
dYcd'Y'Xc'bch]k Ubh]c
gdYbX'hja Y'k]h'mci "

Suicidal Thoughts

: YY]b[``LY'mci `k ci `X'VY
VYhYf'cZXYUXž'k]g\]b[`mci
X]X'bch]k U_Y'i dZ'h]b_]b[`cZ
k Um]`hc`Ufa `mci fgY'Z"

Weight Changes

: U]b]b[`cf`cg]b[
k Y][\h]k]h]ci h]f]b[`hc"
: YY]b[`j Yfm\i b[f]nž'cf
bch\Uj]b[`Ub'UddYh]h"



Fatigue

: YY]b[`d\mg]WU`m
h]fYXZ`LY'mci f
VcXmUbX'a]bX
UFY'YI \Ui ghYX"

Concentration

Mci `WbbchZcW gZ
Yj Yb'cb]g]a d'Y'hUg_g
`LY'fYUX]b["Mci `Wb]f]h
dUmU]h]b]cb`Uh]k cf_
cf'gW]cc"

Dependence

I g]b[`U'Vc\c`cf'Xfi [g
hc`Vc'dY'k]h'mci f
ZY'Y]b[g'cf'YgW]dY
mci f'XU]m`]ZY"

National Suicide Prevention Lifeline: 1- 00-273- 255
Lifeline Chat: <https://suicideprevention.org>

o Text the word "HOME" or "Hello" to 741741

A YbH' < YU'h 'UbX'Gd]bU' 7 cFX' b↑ fm 'Opioids

5bmc bY'WUb'VYWca Y'UXX]WYX'hc'cd]c]Xg''Gca Y'dYcd'Y'k]h'G7 =\Uj Y'dU]bž UbX cd]c]X'a YX]WU]cbg'UfY'dfYgW]VYX'hc'fYUhdU]b''H\YgY'a YX]WU]cbg'WUb'VY'gUZY UbX'YZZ]W]j Y'Zcf'dYcd'Y'k]h'G7 =''H\YmiU'gc'WUffmf]g_g''@YUfb]b['UVci hcd]c]X UXX]W]cb'Wci 'X'gUj Y'mci f''ZY°

K \UhiUfY'cd]c]Xg3

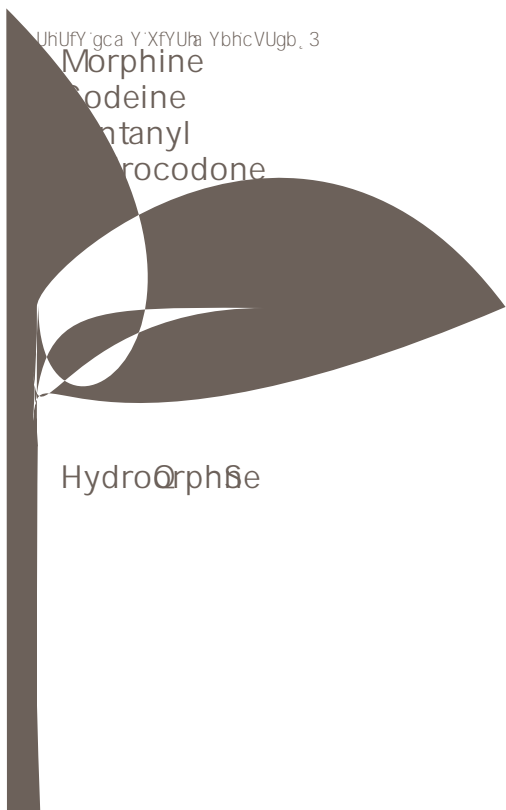
C d]c]Xg'UfY'U' [fci d'cZXfi [g'h.UhWca Y'Zca opium']b'dcddmid'Ubhg''K \]Y'gca Y'cd]c]Xg'UfY a UXY'Zca 'h'Y'd'UbhX]fYWmifl_Y'a cfd\]bYŁ'chYfg UfY'WYUhx']b'U'UV'fl_Y'ZYb]UbmŁ''C d]c]Xg'UfY dfYgW]VYX'Ug'a YX]WU]cb'hc'fY'Yj Y'dU]b''6i hž cd]c]Xg'WUb'U'gc'a U_Y'dYcd'Y'ZY'j YfmfY'Ul YX'cf \] [\]'k \]W\]g'k \mi h'YmUfY'cZ'Yb'a]gi gYX'Zcf'bcbl a YX]W'fYUgcbg''

C d]c]Xg'UfY'UXX]W]j Y''C j YfXcgYg'UbX'XYUH'UfY a cfY'Wca a cb'k \Yb'dYcd'Y'i gY'cd]c]Xg'Zcf'bcbl a YX]W'fYUgcbg'' < ck Yj Yfž'Ug'a cfY'UbX'a cfY dYcd'Y'\Uj Y'VYyb'dfYgW]VYX'cd]c]Xg'Zcf'h'Y hfYUha YbhczgYj YfY'dU]bž'h'YfY'\Ug'VYyb'Ub]bWYUgY']b'cj YfXcgY'XYUH'g'fYdcfYX']b'dYfgcbg k \c'UfY'dfYgW]VYX'cd]c]Xg'Zcf'dU]b'Ug'k Y''

K \UhiUfY'cd]c]Xg3

- A UbmidYcd'Y' [Yhi gYX'hc'cd]c]Xg'cj Yf h]a Y'UbX'bYXX'\] [\Yf'XcgYg'hc' [Yhi h'Y gUa Y'YZZ]W' H\]g']g'WU'YX' tolerance"
- 9j Yb']ZdfYgW]VYX'VmU'XcWc'fž'i g]b[Ubmicd]c]Xg'di hg'mci 'Uh'\] [\Yf'f]g_cZ UXX]W]cbž'UW]XYbH'cj YfXcgY'UbX XYUH''
- F]g_cZcj YfXcgY'cf'XYUH']g'\] [\Yf k]h'\] [\Yf'XcgYg'cZcd]c]Xg''6i hž UW]XYbH'cj YfXcgY'UbX'XYUH'WUb gh''cWw'f'k]h' 'ck Yf'XcgYg''
- H\YfY'UfY'YZZ]W]j Y'hfYUha Ybhg'Zcf cd]c]X'i gY'X]gcfXYfg''

K \UhiUfY'gca Y'Wca a cb'cd]c]Xg3



List of Resources for People Li