



[TxOpioidResponse.org](https://www.txopioidresponse.org)

Common Opioids and Stimulants

Opioids

- Heroin
- Fentanyl
- Nitazenes
- Morphine
- Codeine
- Oxycodone
- Hydrocodone

Stimulants

- Nicotine
- Ecstasy/molly (MDMA)
- Cocaine
- Methamphetamine
- Medications for Attention-Deficit Hyperactivity Disorder (ADHD)

Understanding Youth Substance Use and How You Can Help

Despite common misconceptions, most youth and young adults are not using substances.ⁱ This includes the use of cannabis, alcohol, nicotine and tobacco products, stimulants and other drugs.

For some young people, substance use becomes a way to cope with difficult emotions like stress, anxiety or sadness, or to manage the pressures of school, work or social life. Curiosity, peer influence and easy access can also contribute. For youth who have faced household instability or harmful experiences in childhood, the risk of substance use is often higher.ⁱⁱ

Any drug someone takes that isn't prescribed to them can be dangerous. Substances shared among friends or relatives, or obtained outside a pharmacy, may be mixed with other substances or may not be what they seem. This includes cannabis and pills, which may be fake or contain something unexpected.

The more we understand what drives substance use, the better equipped we are to support young people in making safer choices and seeking help when they need it.

988 Suicide & Crisis Lifeline



Call or text **9-8-8** anytime for support. | [988LifeLine.org](https://www.988lifeline.org)

Ways to Support Someone You Care About

Encouraging healthy coping skills can make a real difference. Remind the young people in your life that caring for their body and mind — through sleep, balanced meals, physical activity and supportive relationships — can help them manage stress and feel better over time.

If you're worried about someone, check in with them and listen without judgment. Let them know they're not alone and that it's OK to reach out when they need support. You don't need to have all the answers. Sometimes just listening helps more than you may realize. Encourage them to reach out to a counselor, health care provider or local support resource, or help them make that connection.

Explore trusted programs and tools to help you start conversations about substance use, understand what puts youth at risk and guide them toward healthier choices.

- **Naloxone Distribution Interactive Map**
To locate free naloxone in your area, visit bit.ly/NaloxoneFinderTx.
- **Substance Abuse and Mental Health Services Administration**
For free resources to help you and your community prevent substance use, visit [Samhsa.gov/Substance-Use/Prevention/Substance-Use-Disorders](https://www.samhsa.gov/substance-use/prevention/substance-use-disorders).
- **Texas Targeted Opioid Response**
For Texas-based prevention, treatment and recovery resources, visit [TxOpioidResponse.org](https://www.txopioidresponse.org).
- **Turn To**
For prevention information, support and resources for yourself or someone you care about, visit [TurnToSupportsTx.org](https://www.turntosupportstx.org).
- **U.S. Food and Drug Administration**
For free tools for teachers, students and parents on vaping prevention and education, visit [Digitalmedia.hhs.gov/tobacco/educator_hub](https://www.digitalmedia.hhs.gov/tobacco/educator_hub).

Find Treatment

It's not always easy to know how to help someone, but you don't have to figure it out alone. Trained professionals who support people with substance use and mental health concerns are ready to help.

Texas Health and Human Services

bit.ly/SubstanceUseServicesTX

Substance Abuse and Mental Health Services Administration National Helpline

800-662-HELP (800-662-4357)

Substance Abuse and Mental Health Services Administration Find Support

[Samhsa.gov/Find-Support](https://www.samhsa.gov/find-support)

Support to Quit Tobacco or Vaping

These free, evidence-based programs offer tools, coaching and real support to make quitting easier:

EX Program

Text VAPEFREETX to 88709

[EXProgram.com](https://www.exprogram.com)

My Life My Quit

[Tx.MylifeMyQuit.org](https://www.tx.mylifemyquit.org)

Smokefree Teen

[Teen.SmokeFree.gov/Quit-Vaping](https://www.teen.smokefree.gov/quit-vaping)

Texas Tobacco Quitline

Call 877-YES-QUIT (877-937-7848)

[YesQuit.org](https://www.yesquit.org)

¹National Institute on Drug Abuse: [Reported use of most drugs remains low among U.S. teens](#).

²National Institutes of Health: [Childhood trauma and adolescent substance use: an integrative perspective](#).