



[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)

You're Not Alone: Understanding Substance Use and Finding Help

It may seem like many people your age are using substances like cannabis, alcohol, opioids, tobacco, vapes, stimulants and other drugs, but the reality is that most youth do not use drugs or alcohol.ⁱ Knowing this can make it easier to make good choices.

Those who do use substances are often trying to cope with stress, anxiety or sadness, or to keep up with the demands of school or work. It can also come from curiosity, wanting to fit in or simply having easy access. For those who have unstable home environments or have faced harmful experiences in childhood, the risk of substance use is often higher.ⁱⁱ

Using any medication that wasn't prescribed specifically for you can be dangerous. Drugs shared by friends or family members or purchased outside a pharmacy may contain unknown substances or may not be what they appear to be. This includes cannabis and pills, which may be fake or contain something unexpected.

It makes sense to have questions, especially if you're worried about yourself or a friend. Learning the facts and talking openly can help you make informed choices and support yourself or someone you care about.

988 Suicide & Crisis Lifeline



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



Ways to Support Yourself or Your Friends

Taking care of yourself matters. It helps you manage stress, pressure, and difficult emotions that might make substance use feel like an easy way to cope. Try building healthy habits like getting enough sleep, eating regular meals, staying active, and spending time with people who support you. Talking with someone you trust can also help you sort through what you're experiencing and figure out what kind of support you may need.

If you're worried about a friend, reach out and let them know they're not alone. You don't need to have all the answers. Sometimes just listening helps more than you may realize. Encourage them to talk with a counselor, health care provider or another trusted adult who can help.

Learn more about substance use and how to help support someone you care about or get support for yourself.

- **Naloxone Distribution Interactive Map**

To locate free naloxone in your area, visit bit.ly/NaloxoneFinderTx.

- **Texas Targeted Opioid Response**

For prevention, treatment and recovery resources, visit TxOpioidResponse.org.

- **Turn To**

For prevention information, support and resources for yourself or someone you care about, visit TurnToSupportsTx.org.

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

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

My Life My Quit

Tx.MyLifeMyQuit.org

Smokefree Teen

Teen.SmokeFree.gov/Quit-Vaping

Texas Tobacco Quitline

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

YesQuit.org

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

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