

TIPS FOR TEENS: HEROIN

THE TRUTH ABOUT HEROIN

SLANG

SMACK | HORSE | BROWN SUGAR | JUNK | BLACK TAR | BIG H | DOPE | SKAG |
NEGRA | SKUNK | WHITE HORSE | CHINA WHITE | CHIVA | HELL DUST | THUNDER

GET THE FACTS

HEROIN AFFECTS YOUR BRAIN. Heroin, an illicit opioid, enters the brain quickly. It slows down the way you think, reaction time, and memory.¹ Over the long term, heroin can change the brain in ways that lead to addiction.

HEROIN AFFECTS YOUR BODY. Heroin slows down your heartbeat and breathing, sometimes so much that it can be life-threatening. Heroin poses special problems for those who inject it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles.²

HEROIN IS HIGHLY ADDICTIVE. Heroin enters the brain rapidly and causes a fast, intense high. Repeated heroin use increases the risk of developing an addiction; someone addicted to heroin will continue to seek and use the drug despite negative consequences.³

HEROIN IS NOT WHAT IT MAY SEEM. Other substances are sometimes added to heroin. They clog blood vessels leading to the liver, lungs, kidneys, and brain and lead to inflammation or infection.⁴ Powder sold as heroin may also contain other dangerous chemicals, such as fentanyl, that increase the risk of fatal overdose.^{5,6}

HEROIN CAN KILL YOU. Heroin slows—and sometimes stops—breathing, which can result in death. In 2015, there were 2,343 overdose deaths related to heroin or other illicit opioids among people ages 15 to 24.⁷

HEROIN ADDICTION IS TREATABLE. Medication, in combination with behavioral treatment, can help people stop using heroin and recover from addiction.⁸ Building a support system that helps people stop using heroin and other opioids is also important. Medications such as buprenorphine, methadone, and naloxone greatly increase the chance of recovery and reduce the risk of overdose. Friends and family members should have naloxone nearby if possible in case of overdose.*

* No official support of or endorsement by SAMHSA or HHS for the opinions, resources, and medications described is intended to be or should be inferred. The information presented in this document should not be considered medical advice and is not a substitute for individualized patient or client care and treatment decisions.

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

KNOW THE SIGNS

HOW CAN YOU TELL IF A FRIEND IS USING HEROIN?

Signs and symptoms of heroin use are:

- Euphoria
- Drowsiness
- Impaired mental functioning
- Slowed movement and breathing
- Needle marks
- Boils

Signs of a heroin overdose include:

- Shallow breathing
- Extremely small pupils
- Clammy skin
- Bluish-colored nails and lips
- Convulsions
- Coma



For more information, call 218-878-3858.

Must meet program eligibility requirements.

Fond du Lac Human Services Division | Substance Use Disorder Department