HOLD OUT THE LIFELINE • HOLIDAY OPIOID PREVENTION

WEEK 4 • CHRISTMAS & NEW YEAR

Celebrate Life. Support Recovery.

Compassion, Connection & Safer Celebrations

HOLD OUT THE LIFELINE:
A MISSION TO FAMILIES

One caring conversation and one practical step can help keep our families safe this holiday season.

1 Celebrate safely.

Do not combine opioids with alcohol, sleep medicines, or other sedating drugs.

2 Check on loved ones.

Grief, stress, and isolation can be particularly difficult during the holidays.

3 Listen without judgment.

Offer care and encouragement to anyone experiencing a substance use challenge.

4 Support treatment and recovery.

Recovery is possible. Help connect friends or family with qualified support services.

5 Start the new year with hope.

Plan family wellness conversations and learn where community help is available.

Encouragement: "No one has to face the holiday season alone."

Support recovery. Strengthen families. Celebrate life.

"Each One Can Reach One."

Emergency: 911 • SAMHSA National Helpline: 1-800-662-HELP (4357)

| 803-401-5307 | www.hotlifeline.org | @hotlifeline