Protect the Gift of Life:
Safe Families, Healthy Holidays

A Holiday Message from

Hold Out the Lifeline: A Mission to Families (HOTL)

HOLD OUT THE LIFELINE:
A MISSION TO FAMILIES

As we gather with family and friends to celebrate Thanksgiving, Christmas, and the New Year, let us remember that one of the greatest gifts we can give our loved ones is the gift of health, safety, and life.

Although overdose deaths are declining, the opioid epidemic continues to affect families across South Carolina. According to the South Carolina Department of Public Health, **1,481** individuals died from drug overdoses in 2024, including **914** deaths involving fentanyl.

This Holiday Season, HOTL Encourages Every Family to Take Five Important Steps:

1. ***Protect Your Family.***
   Secure prescription medications and properly dispose of unused medicines.
2. ***Know the Dangers.***
   Never share prescription opioids or take pills from unauthorized sources.
3. ***Celebrate Responsibly.***
   Avoid mixing opioids with alcohol or other sedating substances.
4. ***Be Prepared to Save a Life.***
   Learn to recognize an overdose and keep naloxone (Narcan®) available.
5. ***Reach Out with Love.***
   Support family members and friends who may be struggling with substance use, grief, or emotional distres; and help connect them with treatment and recovery services.

Remember...

- ✓ **Opioid overdoses are preventable.**
- ✓ **Treatment is available.**
- ✓ **Recovery is possible.**

This holiday season, let us celebrate life, strengthen families, and protect our communities.

"Each One Can Reach One."

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