



AdChoices

State's new Smart Dose site targets opioid abuse

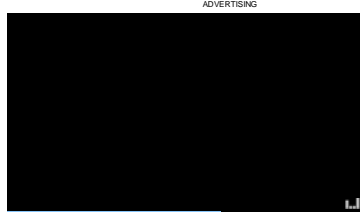
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A cooperative initiative now available online is designed to help Alabama residents get smart about the use of prescription drugs, and to help raise awareness of addiction.

My Smart Dose is a cooperative effort of the Alabama Department of Mental Health, and the Substance Abuse and Mental Health Services Administration (SAMHSA). It is made possible by a grant provided by SAMHSA.



The website discourages individuals from the use of medications prescribed for others.

"Prescription drug abuse can lead to addiction in less than a week," the web site states.

"Learning about prevention is the first step to decreasing prescription drug abuse and saving lives," ADMH Commissioner Lynn Beshear said. "The possibility of developing dependence or addition to a prescribed drug is real, but can be avoided."

The web site provides a self-assessment to help individuals determine if they or their loved ones have an addiction problem. It also offers resources for those who do.

The website offers tips for parents and roommates who suspect drug addiction and abuse.

The My Smart Dose website can be found at <http://www.mysmartdose.com> (<http://www.mysmartdose.com>).

For help with opioid addiction issues, call the 24/7 Hotline at 1-844-307-1760.



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