

Take the experience home with you!

3 in *30*

It's time!
**Take 3 actions in
the next 30 days.**



**ANTI-DRUG
COALITION**

Tuscarawas County
adc-tusc.com

TAKE ACTION!

3 in 30

- Make a FB post from today's event and share video trailer.
- Share your thoughts and ideas about what you learned with friends
- Talk to your child/grandchild about the importance of staying drug free
- Like and follow the Tuscarawas County Anti-Drug Coalition FB page
- Like and follow the ADAMHS Board of Tuscarawas and Carroll Counties FB page
- Safely and securely store your medications
- Properly dispose of unwanted and unused prescription medications
- Contact the Tuscarawas County Health Department (330-343-5555) to become trained to carry and administer Naloxone
- Financially sponsor organizations/foundations that provide drug prevention/treatment/recovery services
- Consider attending a Tuscarawas County Anti-Drug Coalition meeting (adc-tusc.com)
- Consider attending a Tuscarawas County Opiate Task Force meeting (330-364-6488)
- Invest in the lives of a young person, consider mentoring (bigs4kids.com)
- Share the Crisis Text line- text 4Hope to 741741
- Visit The Alcohol, Drug Addiction & Mental Health Services Board (adamhtc.org) and learn more about services and resources in Tuscarawas County



Check the 3 items you will do to help in the fight against opioid addiction.