

# DRUG ABUSE

The Signs.  
The Symptoms.  
The Science.



**If you or someone you care about is abusing or at risk of abusing drugs, THERE'S HOPE. It's not too late to get help or to help!  
If this is an emergency, please call 911 now!**

**Other resource help lines available:**

888-724-7240: San Diego's Access & Crisis Line

211 San Diego: Dial 2-1-1 to find information and resources here in San Diego specific to your needs

Crisis Text Line—Text "Listen" to 741-741

Substance Abuse and Mental Health Services Administration National Helpline  
1-800-662-HELP (4357): confidential, 24/7, available in English and Spanish, for individuals and family members facing drug & mental health issues.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org/>

San Diego Crime Stoppers, anonymous and local

For help or to submit tips: 888-580-8477

Or on the mobile app: Download "P3 Tips" from the app store

**Looking for more information? Check out these sites:**

Drug Enforcement Administration (DEA): [www.justthinktwice.gov](http://www.justthinktwice.gov)

National Institute on Drug Abuse (NIDA): [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)