

Take Back Control

If you or someone you know needs help, please visit [FindTreatment.gov](https://www.findtreatment.gov) or call **1-800-662-HELP (4357)**

Control the Conversation:

“Make them describe before they prescribe”
Discuss the risks of opioid use and alternative forms of pain management with your physician before starting or refilling opioid prescriptions.



Control Access:

2/3 of teens and young adults who abuse prescription drugs get them from friends, family and acquaintances. You can find locations to bring in any unused prescriptions for safe disposal online. If you choose to keep them at home, ensure that they are secured where others cannot access them.



Learn more at [dol.gov/owcp/opioids](https://www.dol.gov/owcp/opioids)