



NOT DYING

GUIDE

Mental Health & Substance Awareness Toolkit

2025

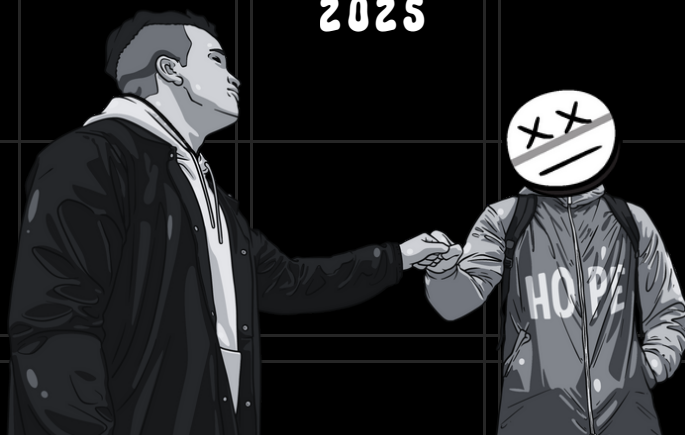


TABLE OF CONTENTS



Introduction: Why This Toolkit Exists

Understanding The Crisis

- ☹️ Mental Health Pressures
- ☹️ The Fentanyl & Overdose Epidemic
- ☹️ How Mental Health & Substance Use Interconnect

Recognizing The Warning signs

- ☹️ Mental Health Red Flags
- ☹️ Substance Use & Overdose Indicators

Supporting a Friend in Crisis

- ☹️ What to Do (and What Not to Do)
- ☹️ Having the Hard Conversation
- ☹️ When to Get Help Immediately

Asking for Help Yourself

- ☹️ Breaking the Stigma
- ☹️ How to Reach Out Safely

Naloxone: The Life-saving Tool

- ☹️ What It Is & How It Works
- ☹️ How to Use It Step-by-Step
- ☹️ Where to Get Naloxone Near You

Your Crisis Response Plan

- ☹️ Building Your Personal Survival Kit
- ☹️ Preparing for Parties & Social Events
- ☹️ How to Stay Safe Long-Term

Resources Directory

INTRODUCTION



The world we're growing up in is **intense**. Between social media pressure, school demands, uncertain futures, and the growing risk of fentanyl in counterfeit drugs, we today face challenges like never before.

Mental health struggles and **substance use** aren't abstract "problems out there"... they're real, urgent issues that impact millions of us every single day.



**Nearly 46% of Gen Z in the U.S. has
been diagnosed with a mental
health condition.**

**6 in 10 counterfeit pills with
fentanyl now contain a potentially
lethal dose.**



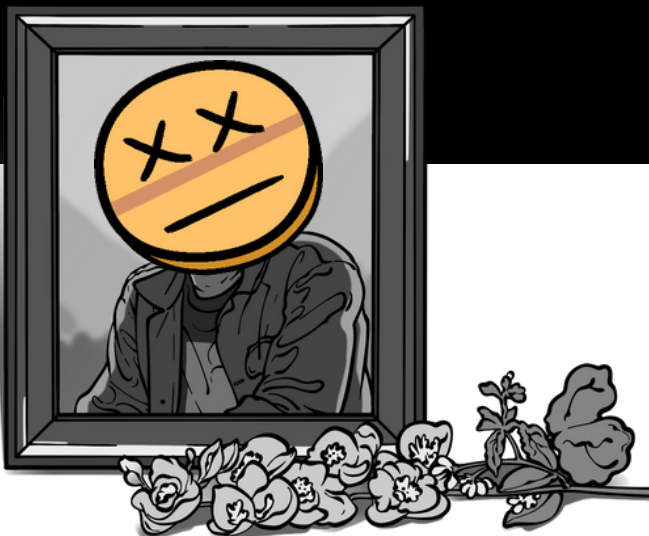
This toolkit exists for one reason: **to keep us and our friends alive and healthy.**

It's not here to lecture you.

It's here to give you:

- The knowledge to recognize when something's wrong
- The tools to take action in a crisis (like NARCAN or Kloxxado)
- The confidence to help yourself or someone else.

Whether you're the one struggling or you're trying to help a friend, you'll find **step-by-step guidance inside.**



UNDERSTANDING

THE CRISIS

We are facing a double threat:

1. **Mental health struggles:** depression, anxiety, burnout
2. **The overdose epidemic:** fueled by fentanyl in counterfeit pills

These challenges feed into each other, creating a dangerous cycle.



"In 2022, an average of 22 teens aged 14–18 died each week from drug overdoses in the U.S."

MENTAL HEALTH

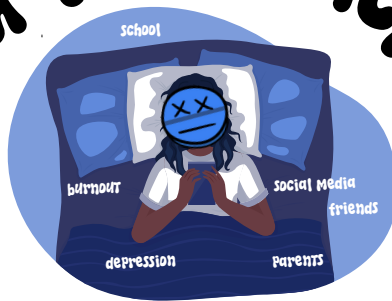
Let's be real, the mental health struggle is hitting different these days. It's the constant pressure to have your whole life figured out, the endless scroll on social media making you compare your behind-the-scenes to everyone else's highlight reel, and just the overall vibe of... well, everything. If your brain feels like it's running on 1% battery and glitching out, you're not alone. This isn't just being "in your feels." It's a legit crisis, and it's okay to admit that your mental health needs a hard reset.



OVERDOSE CRISIS

Okay, so on top of everything else, we have to worry about this. The overdose crisis is a whole different level of scary, mainly because of fentanyl. This stuff is being secretly pressed into fake pills that look identical to the ones people get from a pharmacy. So you might think you're getting something to help you focus or chill, but it's a counterfeit with a lethal ingredient. It's giving "final boss battle" with no extra lives. The fact that you can't see, smell, or taste it is the main problem, turning a single pill into a massive L. This is why we need to talk about it.

you feel STUCK?



Here's why:

Pressure (School/Parents) → Comparison (Social Media) → Anxiety (Fear of Not Measuring Up) → Burnout (Total Exhaustion) → Depression (Numbness & Isolation)

For our generation, daily life can feel like a constant loop of **pressure and comparison**. You wake up already tired, face demands from school and parents, and then scroll through social media only to see everyone else's "perfect" lives. That mix fuels anxiety, fear of not being good enough or falling behind, and keeps your brain in overdrive. Living in that high-alert state drains your mental and physical energy, leading to burnout. Schoolwork feels impossible, motivation disappears, and depression can creep in, leaving you numb and disconnected.

Feeling "stuck" is the natural result of this cycle, and it's not laziness, it's overwhelm. It often comes from:

- **Analysis paralysis:** too many pressures and choices make your brain freeze.
- **Emotional exhaustion:** stress and comparison drain your energy until even small tasks feel impossible.
- **The invisibility factor:** when struggles aren't obvious, you can feel unseen and misunderstood.
- **Hopelessness:** over time, it's easy to believe nothing will change, which makes it harder to take action.

That “stuck” feeling does not always look the same on the outside. Sometimes it is obvious, but other times it hides under subtle changes in mood, habits, or health. These shifts are warning signs that something deeper is going on.

Before things get to a breaking point, learning how to spot the signs in yourself and in the people around you can be the first step to turning things around.

When you or someone you care about is heading toward a crisis, the signs are often there but can be easy to miss if you don’t know what to look for. They might show up slowly, almost blending into everyday life, or they can hit all at once. **The earlier you spot them, the faster you can act.**



Mental Health Red Flags

- These can signal burnout, anxiety, depression, or other struggles:
- Pulling away from friends, family, or activities you used to enjoy
- Sudden mood changes, irritability, or unexplained sadness
- Talking about feeling hopeless, worthless, or like a burden
- Big changes in sleep, either too much or barely any
- Trouble focusing, keeping up with schoolwork, or remembering things



When your mental health is not ok, you might start looking for **ways to escape** the stress, numb the feelings, or boost your energy. For some people, that means turning to substances. At first it can seem like a way to cope, but it can quickly create new problems or make existing struggles worse.

In today's world, this is especially dangerous because of the risk of fentanyl showing up in counterfeit pills and other drugs.

But again, we are not here to give you a lecture.

Now, let's go through how to recognize the signs of an overdose.

Recognizing signs

Spotting an opioid overdose is urgent, but to really understand it, it helps to know the stages that can happen before things get that far.

LEVEL ● TOLERANCE ● DEPENDENCE ● ADDICTION

TOLERANCE

Occurs when a person begins to experience a reduced response, requiring more to get the same effect

- Crushing & snorting pills
- Chewing pills
- Taking more frequently or increasing dose without being advised by a doctor

DEPENDENCE

Occurs when the body adjusts its normal functioning around regular opioid use. Unpleasant physical symptoms occur when stopped

- Behavioral: Agitation, irritability, impatient
- Physiological: Shakes, chills, sweats, nausea
- Psychological: Mania, paranoia, impulse control

ADDICTION

(OUD) Occurs when attempts to cut down or control use are unsuccessful or when use results in social and personal inability to fulfill normal obligations

- Severe withdrawal
- Worsening drug use
- Uncharacteristic behaviors like lying and stealing
- Self-destructive actions that severe relationships
- Seeking/using illicit drugs

Commonly Used Terms | CDC's Response to the Opioid Overdose Epidemic | CDC

signs and symptoms of Opioid Overdose

When someone has crossed into dangerous territory, these signs can mean an overdose is happening right now:



Blue Lips and/or nails



Dizziness and Confusion



Slow weak or no breathing



Choking and/or Gurgling



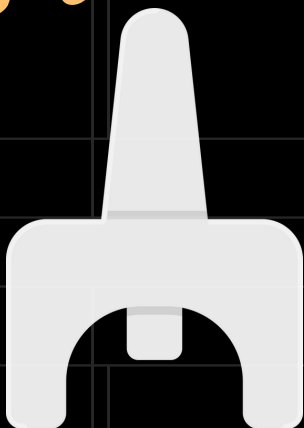
Can't be woken up



Drowsiness or lack of response



WHAT IS



A ZOOXONE?

What is Naloxone?



Naloxone is a medication designed to rapidly **reverse opioid overdose**. It binds to opioid receptors and can reverse or block the effects of other opioids, quickly restoring normal respiration to a person whose breathing has slowed or stopped due to overdosing with heroin or prescription opioid medications.

HOW TO ADMINISTER NALOXONE?

1



CALL FOR EMERGENCY MEDICAL HELP

Dial 911 or your local emergency service first.

2



ADMINISTER THE DOSE

Insert the nozzle into one nostril and press the plunger to release the naloxone dose into the nostril. Begin chest compressions.

3



Monitor FOR RESPONSE

If there's no response within 2-3 minutes, administer a second dose in the opposite nostril and continue chest compressions.

4



AWAIT EMERGENCY RESPONDERS

Stay with the person and monitor their breathing and wait for emergency responders to arrive.

WATCH FULL NALOXONE TRAINING VIDEO



Where To get

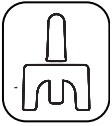


naloxone?

- **Pharmacies:** In Florida, you can get it without a prescription. Ask the pharmacist for naloxone, NARCAN, or Kloxxado.
- **Community organizations:** Many local health departments, harm reduction groups, and nonprofits give it out for free.
- **Schools and campuses:** Some keep it in nurse's offices or health centers.
- **Online programs:** Certain websites mail free naloxone kits; check Florida's health department or local harm reduction programs for links.

THE GUIDE TO PARTY (BUT NOT TO DIE)

Build Your Survival Kit



- Carry Naloxone (*NARCAN* or *Kloxxado*)
- Emergency contacts saved in phone
- List of local resources
- A trusted contact or "safety buddy"

Know How to Spot the Signs Before It's Too Late



Blue Lips and/or
nails



Choking and/or
Gurgling



Can't be woken up



Dizziness and
Confusion



Slow weak or no
breathing



Drowsiness or lack of
response



Be the Person Who Acts (Not Just Films It)

1

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Dial 911 or your local emergency service first.

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Stay Alive Long-Term

don'T die, bro!