

DID YOU KNOW?

When taking a stimulant:

- Too much caffeine can be harmful.
- Alcohol should be avoided.

When cutting back or quitting:

- Your doctor or behavioral health provider can help you set up a plan.
- You will need support.
- You may experience withdrawal symptoms.



Something to try:

Community resources:

My provider's name:



IndianaSBIRT.org



Thinking About
Making a Change?

PRESCRIPTION STIMULANTS



SELECTED EFFECTS OF PRESCRIPTION STIMULANTS

ALERTNESS

- Hyper alertness

MOUTH

- Dry mouth

MUSCLES

- Tremors
- Loss of coordination

EMOTIONS

- Annoyed or irritated
- Nervous
- Paranoid
- Aggressive
- Impulsive
- Panic
- Restless

BRAIN

- Hallucinations
- Insomnia
- Headache
- Seizures

HEART

- Blood pressure changes
- Rapid heartbeat
- Heart attack

LUNGS

- Breathing fast

STOMACH

- Problems digesting food
- Stomachache
- Loss of appetite
- Weight loss
- Diarrhea

Common Prescription Stimulants

Dexedrine®, Adderall®, Concerta®, Ritalin®

Help with Focus?

Stimulant medications are prescribed to help with:

- ADHD
- Trouble sleeping
- Weight problems

Acute (High) Doses or Chronic Use

Stimulant use can lead to more hyper or aggressive behavior for people who don't have ADHD.

Know the Risks

- Pills bought on the street may not be the actual medication
- Adult and child doses are not equal and can be dangerous to exchange.

ASK YOURSELF:

- Am I using the medication as prescribed?
- Am I running out of pills before the prescription can be refilled?
- Am I sharing pills with anyone?

Sources Include

drugabuse.org
nida.nih.gov
FDA.gov