



**ARMOUR  
Families**



SHOW UP. SPEAK UP SUPPORT.  
FENTANYL PREVENTION FOR TODAY

# **MENTAL HEALTH & SUBSTANCE USE AWARENESS FOR STUDENTS**



## WHY MENTAL HEALTH MATTERS IN DRUG PREVENTION

Today, the risk is different. Fentanyl is often mixed into substances without people knowing. One decision, one moment, can change everything. Taking care of your mental health is not separate from prevention.

It is prevention.

## SUBSTANCE USE OFTEN STARTS AS A WAY TO COPE:

01

Stress

02

Anxiety

03

Depression

04

Feeling disconnected or overwhelmed

# YOU'RE NOT ALONE

Life can feel overwhelming. Academics, social pressure, family expectations, and uncertainty about the future can all take a toll. Stress, anxiety, and depression are more common than people talk about.

What you're feeling is real. And it matters.

Show up for yourself. Speak up when you need help. Support each other.

## THE REALITY OF FENTANYL

- Fentanyl is a powerful synthetic opioid
- It is often found in counterfeit pills or mixed into other drugs
- You cannot see it, taste it, or smell it
- Even a small amount can be deadly



This is not about fear. It is about awareness and making informed choices.

**Learn more at our website**



[www.armourfamilies.org](http://www.armourfamilies.org)

# HOW TO HELP A FRIEND

You do not need to have all the answers. Showing up matters.

Try saying:

- “Hey, I have noticed you have not been yourself lately.”
- “I am here for you. Do you want to talk?”
- “You do not have to go through this alone.”

If you are concerned about their safety:


- Tell a trusted adult or professional
- Stay with them if possible

# HOW TO SUPPORT YOURSELF

- Take breaks when things feel overwhelming
- Talk to someone you trust such as a friend, parent, counselor, or mentor
- Use school or campus mental health resources
- Give yourself permission to not have everything figured out



Speaking up is strength. It takes courage to be honest about what you are feeling and to ask for support when things feel overwhelming. Reaching out is not a sign of weakness. It is a powerful step toward protecting your mental health, making safer choices, and building a future where you do not have to face challenges alone.



## **SIGNS YOU OR A FRIEND MAY BE STRUGGLING**

### **Mental Health:**

- Feeling constantly overwhelmed, anxious, or numb
- Withdrawal from friends or activities
- Changes in sleep or appetite
- Loss of motivation or energy

## **SUBSTANCE USE WARNING SIGNS:**

**01**

**Risky or impulsive decisions**

**02**


**Using substances to cope or escape**

**03**

**Sudden changes in mood or behavior**

**04**

**Secrecy or isolation**



## WHAT DOES AN OVERDOSE OR POISONING LOOK LIKE

An overdose can happen quickly and may not always look the same. With fentanyl, signs can appear suddenly.

Watch for:

- Slow, shallow, or stopped breathing
- Unconsciousness or unable to wake up
- Blue or gray lips or fingertips
- Choking, gurgling, or snoring sounds
- Pinpoint pupils (very small pupils)
- Cold or clammy skin
- Limp body

Important:

If something feels wrong, trust your instincts. It is always better to act.

## IF SOMEONE MAY BE OVERDOSING OR POISONED:

- 01** Call 911 immediately
- 02** Stay with them until help arrives
- 03** If available, use naloxone
- 04** Supporting someone in a crisis can save a life.

# WHAT IS NALOXONE

Naloxone is a medication that can reverse an opioid overdose, including fentanyl. It works by restoring breathing and can save a life if given in time. It is safe, easy to use, and works within minutes. If opioids are not present, it will not have any effect. Naloxone is most commonly available as a nasal spray, often known by the brand name Narcan.

## WHEN TO USE NALOXONE

Use naloxone if someone shows signs of an overdose or poisoning:

- Not breathing or breathing very slowly
- Unresponsive or cannot be woken up
- Blue or gray lips or fingertips
- If you are not sure, use it anyway. It will not cause harm



**Good Samaritan overdose laws are meant to save lives—call 911 if someone is overdosing. You're protected in most cases, and acting fast can save a life.**

## RESOURCES

- 988 Suicide and Crisis Lifeline call or text
- Crisis Text Line text HOME to 741741
- School or campus counseling services
- Local community support organizations

# SHOW UP. SPEAK UP. SUPPORT.

This brochure is inspired by Love Like Lake and the life of Lake J. D. Edward Van Wyk.

Lake was a college student full of energy, compassion, and connection, known for supporting others and bringing people together. During a time of isolation, he struggled with depression and unknowingly took a substance that was laced with fentanyl.

His story is a reminder that this can happen to anyone.

This resource honors Lake's life by encouraging others to show up, speak up, and support one another while promoting awareness, connection, and prevention.



Lake J. D. Edward Van Wyk

In partnership with:  
Armour Families & Facing Fentanyl

## MORE INFORMATION :



[armourfamilies.org](https://armourfamilies.org)  
[facingfentanylnow.org](https://facingfentanylnow.org)  
[llakefoundation.org](https://llakefoundation.org)



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