

Drug dealers look for easy profits and fentanyl is cheap. It's being pressed into fake prescription pills known as "fentapills" resulting in more fatal poisonings among one-time users.



# FENTAPIILLS LOOK REAL.

Pills that weren't prescribed to you from a pharmacy are likely fake, and could be deadly. Be safe. Never buy or share pills not prescribed to you.

If you are experiencing **pain, stress** or **anxiety**, DO NOT experiment with street pills. For help coping, call 2-1-1 or contact a medical professional.



Learn how to keep yourself safe at:  
[1PillCanKillPlacer.com](http://1PillCanKillPlacer.com)

# 6 WAYS TO REDUCE STRESS WITHOUT PILLS

**DON'T LET DEALERS TAKE ADVANTAGE OF YOU.**

## » TALK TO A PROFESSIONAL

If you're experiencing stress and anxiety, find out what mental health resources are available through your school. You can also call 2-1-1 or text your zip code to 898211 for local help.

## » GET INTO A ROUTINE

It can be hard to keep track of things and prioritize when we are stressed; start by making simple lists to keep your days in order.

## » TAKE A PAUSE

School can get very overwhelming, so try your best to avoid burnout. Take a one or two hour break to refresh your mind and alleviate anxiety.

## » WATCH WHAT YOU EAT

What and when we eat can have an impact on how we feel. Maintain balanced nutrition by eating three meals per day and snacking in moderation.

## » EXERCISE

A healthy way to blow off steam is to get regular exercise. Incorporate exercise into your schedule by doing yoga in the morning, walking or biking to school, or studying while walking on a treadmill.

## » MAINTAIN CONNECTIONS WITH OTHERS

Make an effort to reach out and connect daily with family and friends. Talking or video chatting can help maintain your mental health.



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