Opioids have powerful substance properties that make it hard to control use leading to addiction. If you see or experience these signs or symptoms, asking for help is not a weakness. Treatment is available AND works.

**Opioid Use Disorder (OUD)** is a common problem for anyone using opioids.

**Signs & Symptoms:**

1. **Developing Tolerance**
   - Taking more opioids than necessary to get the same euphoria feelings as before.

2. **Avoiding Withdrawal Symptoms**
   - Trying to avoid feelings of nausea, diarrhea, muscle aches, sweat, etc. when you don’t take opioids.

3. **Thinking**
   - Spending the majority of your time thinking about opioids and planning how you will get them next, if you don’t have any.

4. **Health Problems**
   - Continue to take opioids despite recurrences of health problems like constipation, feeling tired, and/or upset stomach.

5. **Dangerous Situations**
   - Opioid use is no longer just in the home or safe places but using them while driving, during work, or in other unsafe locations.

6. **Taking More**
   - Thinking opioid use can be controlled or taking more than you meant to take.

7. **Relationship Problems**
   - Serious problems develop in relationships with friends, family, or those close to you, where you might lie.

8. **Giving Up Normal Activities**
   - Activities that once made you happy are no longer priority and take a backseat, such as playing and dancing.

9. **Forgetting Responsibilities**
   - You may forget to go to work or pay your bills but instead go out to buy opioids or steal from others to buy opioids.

10. **Lying to Others**
    - You will do anything to get opioids by lying to your doctor about your use or pain tolerance.

For more information, please contact: Rocky Mountain Tribal Leaders Council; Tribal Opioid Response (TOR) Project; 2929 3rd Avenue North, Suite 300; Billings, MT 59101; (406) 252-2550.