

Did you know?

- When taking a Stimulant RX: Too much caffeine can be harmful! Limit Use.
- Alcohol should be avoided!

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

Something to try:

1. _____

2. _____

Community Resources:

1. _____
2. _____

Behavioral Health Specialist:

Phone Number:



**Because
WE CARE,
we ask
EVERYONE**

**STIMULANT
PRESCRIPTIONS**



vital
Improving Wellness in Alabama

Stimulant Prescriptions



Stimulant medications are prescribed to help with:

- ADHD
- Trouble Sleeping
- Weight Problems

Common Stimulant RX:

Dexedrine®, Adderall®, Concerta®, Ritalin®

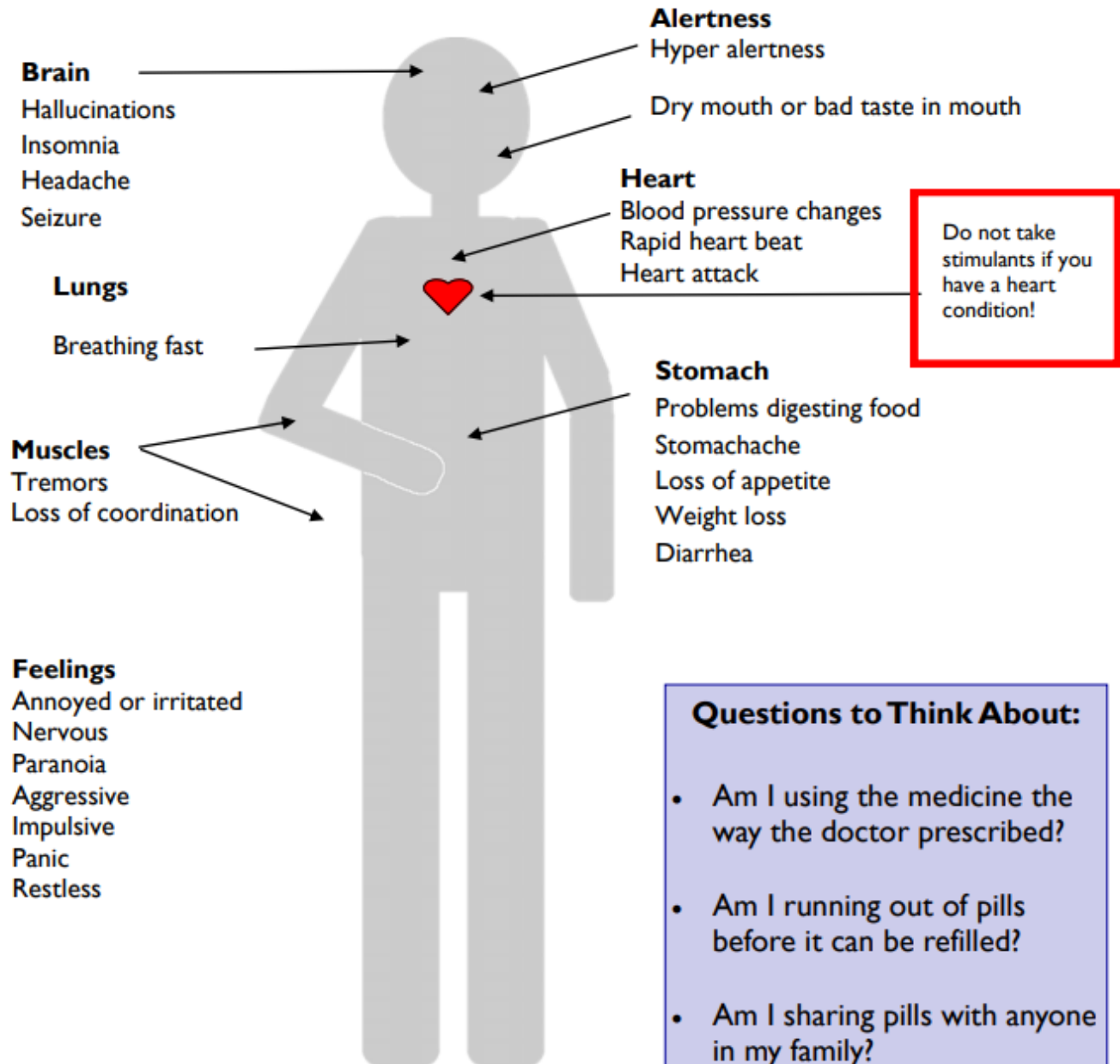
Will these pills help me focus?

- For people with ADHD, stimulants may calm people or help them focus.
- Stimulant pills can lead to more hyper or aggressive behavior for people that don't have ADHD.

Don't borrow or share! Be aware:

- Using a medicine that is not yours could cause health problems.
- ADHD Pills that are bought on the street may not be the real medicine.
- A lot of pills look the same but are many different types medicines.
- Not all stimulant medications have the same amount of medicine in each pill.
- Adult doses and children doses are not equal and can be dangerous to share!

Effects of Stimulant Prescriptions



Questions to Think About:

- Am I using the medicine the way the doctor prescribed?
- Am I running out of pills before it can be refilled?
- Am I sharing pills with anyone in my family?