



Help Change the Conversation

You are invited to take one of these pins home with you to help carry the mission of INTO LIGHT Project to others.

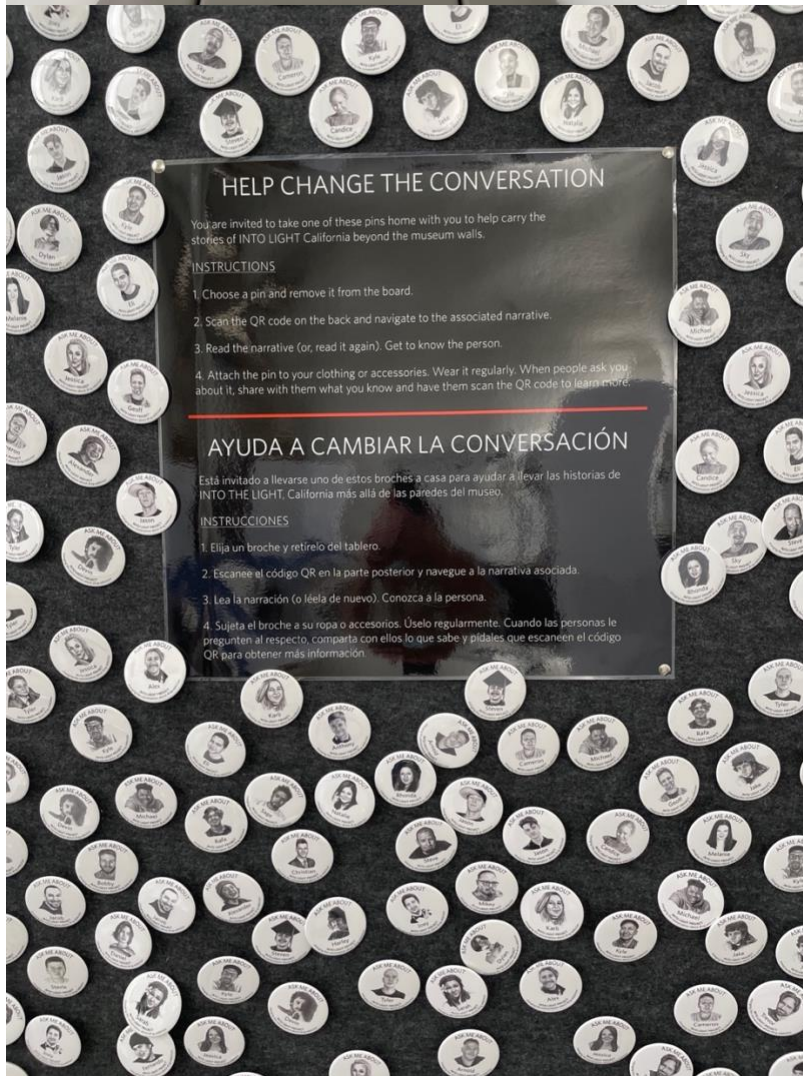
SAMPLE

The INTO LIGHT Button Campaign is a “Walking Exhibition” meant to extend the mission of INTO LIGHT beyond the museum or gallery walls. By wearing an “Ask Me About” button of an individual from the exhibition, you are inviting people who ask, to have a conversation about the disease of drug addiction, what we can do to reduce stigma and shame and be a support to those who have a substance use disorder, and to their families.

INSTRUCTIONS

1. Choose a pin and remove it from the board.
2. Scan the QR code on the back and navigate to the associated narrative.
3. Read the narrative and get to know the person it is about.
4. Attach the pin to your clothing or accessories. Wear it regularly. When people ask you about it, share with them what you know and have them scan the QR code to learn more.
5. The intention is to help remove the stigma by dismantling old stereotypes and showing that anyone can have a substance use disorder and that they deserve to be treated with respect and provided with quality care.

See pictures of button displays below.





Rara
INTO LIGHT PROJECT
the conversation about drug a

Christian
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Alexander
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Steven
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Harley
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Kyle
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Devin
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Tyler
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Jessica
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Jessica
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT
Christian
INTO LIGHT PROJECT
changing the conversation about drug addiction

ASK ME ABOUT

Other Ways to Help Reduce Overdose Deaths & Addiction Stigma

Free Naloxone Training

Naloxone (commonly known by the brand-name Narcan) can immediately stop an opioid overdose. For a location near you go to:

<https://odh.ohio.gov/know-our-programs/project-dawn/project-dawn-programs/project-dawn-locations>

Be an Ally Against Addiction Stigma

The National Institute of Drug Abuse has developed a resource on advocacy, and the importance of reducing labels, stereotypes, othering, inequities, and blame in relation to addiction. More information at

<https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction#:~:text=It%20is%20recommended%20that%20%E2%80%9Csubstance,the%20severity%20of%20the%20SUD.>

<https://beatthestigma.org/addiction-mental-health-intro>

<https://recoveryohio.gov/home>

Help is a Phone Call Away

The Mental Health and Addiction Services of Ohio provide mental health and substance use disorder services to Ohio residents. The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental health and Addiction Services and administered in community settings. Behavioral Health professionals staff the CareLine 24 hours a day, 7 days a week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives. When callers need additional services, they receive assistance and connection to local providers.

If you or a loved one needs help, call 1-800-720-9616

National Alliance on Mental Illness of Ohio (NAMI)

Namiohio.org. 1-800-686-2646

<https://ohyes.ohio.gov/>

NAMI – Stark County

namistark@narmistarkcounty.org

330 455 6264

Additional Services

Substance Abuse & Mental Health Services Administration (SAMHSA)

1-800-662-HELP (4357)

Free, confidential, bilingual (English/Spanish), 24/7 treatment referral and information service for individuals and families facing substance use disorder and mental health struggles. More information at samhsa.gov/find-help/national-helpline

National Suicide Prevention Lifeline

Dial 988 (1-800-273-8255)

A free, confidential, 24/7, 365-day-a-year support line providing emotional support for individuals who are in suicidal crisis or emotional distress.

Mental Health and Addiction Services Ohio

Start Talking Tips for Parents

Parents, Guardians and Caregivers: You have a voice in drug prevention.

Promoting conversations with children about the importance of living healthy lives has lasting impact and is a critical part of addressing our children's mental health. Simply having regular conversations with your child is an effective tool to prevent drug use and support their mental health. The Start Talking! program encourages age-appropriate conversations with children, early and often during their lives and provides information to educate parents on this issue and empower them to have these conversations

<https://starttalking.ohio.gov/>