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FOR IMMEDIATE RELEASE
August 24, 2018

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MY SMART DOSE

New ADMH Campaign Offers Preventive Information on Prescription Drug Abuse



Montgomery, Ala. – Every day in the United States, over 100 people die from a drug overdose. Medicine needed by one person can become poison when taken by another. Drugs you get from a doctor should always be taken as directed. They should never be shared. What’s prescribed for you is for you—your symptoms, your weight, and your family history. If you take pills that don’t have your name on the label, you’re taking a serious risk.



Visit the [My Smart Dose website](#) to learn the five signs of prescription drug abuse, take a self-assessment, call the 24/7 Hotline at 1-844-307-1760 for support and resources, or search substance abuse provider listings by your location.

The Alabama Department of Mental Health is proud to offer information that could save lives and make a difference. The mission of the [My Smart Dose initiative](#) is to break the cycle of prescription drug abuse among young people through prevention, education, and awareness. My Smart Dose is a cooperative effort of the [Alabama Department of Mental Health](#), and the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA). It is made possible by a grant provided by SAMHSA.

“Learning about prevention is the first step to decreasing prescription drug abuse and saving lives. The possibility of developing dependence or addition to a prescribed drug is real but can be avoided,” said Commissioner Lynn Beshear, ADMH.

Please join My Smart Dose as an ambassador—get the word out on how to get smart about prescription drugs. To find out more, contact the [ADMH Office of Prevention](#) at 334-242-3962 or the Office of [Public Information](#) at 334-242-3417.