

Taking Multiple Medications? Take Steps to Keep Yourself Safe.

The older you get, the more likely it is that you take multiple medications. This can lead to unique risks when it comes to medication use and overdose. If you have older family members, it's likely that they face this same issue.

Where to Find Help

-  **2-1-1** (health and social services)
Dial 2-1-1
-  **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)
-  **Connecticut Department of Mental Health and Addiction Services**
(800) 563-4086
-  **National Alliance on Mental Illness HelpLine**
(800) 950-NAMI (6264)
-  **SAMHSA's National Helpline**
(800) 662-HELP (4357)

Download a
Medication
Tracking List

