

# The Bottom Line on Risky Drug Use



## New from Too Much to Lose

Check out the latest Too Much to Lose resources to use as part of your substance use prevention and education efforts. Share these ready-to-use messages with Service members to help them better understand or avoid risky drug use:



### Resources for you and your colleagues:

- **Post new messages from the [Too Much to Lose Social Media Toolkit](#).** Ready-to-use messaging on fentanyl and cannabis products are available! Include these posts in your social media efforts so that Service members can stay in the know about risky drug use.
- **Check out upcoming [observances and events](#)!** Find information and resources on health observances in 2022 - 2023 as well as events where you may be able to catch the Too Much to Lose team.

### Resources and messaging to share with Service members:

- **Know the costs of recreational drug use.** As a Service member, it's important to know that [recreational use of drugs like LSD and cocaine is illegal and always prohibited](#). Plus, beware you could get an illegal (and dangerous!) form of fentanyl in the drug which can lead to overdose and/or death. Protect yourself by avoiding risky drug use.
- **Did you know that Rhode Island and Mississippi changed their marijuana laws?** Marijuana legalization laws are ever-changing, but as a Service member it's always [prohibited for you to use or possess](#).
- **Check out the Too Much to Lose [Trending Topics](#) section.** Stay up-to-date on the latest info, like what to know about rainbow fentanyl and the importance of using Benzedrex® and other over-the-counter medications correctly to avoid popping positive on a drug test.



## One Last Thing

Did you know that one-third of drivers who use marijuana and alcohol at the same time get behind the wheel within two hours of using? For December's National Impaired Driving Prevention Month, ensure Service members know that driving while impaired by [alcohol](#), drugs or any other substance is dangerous and comes with serious risks. Also remind them that [marijuana in all forms is prohibited](#) (no matter where they're stationed or visiting this holiday season).

All topics and resources highlighted in the e-Newsletter can be found at [www.toomuchtolose.org](http://www.toomuchtolose.org).

## Did You Know?

Test your knowledge. Click an answer below to find out if you know the truth about risky drug use.

Strong pain relief medications (like opioids) relieve pain, but there are safe non-drug options that Service members may be able to use instead.

A. True  
B. False

[Click here for the answer](#)

Encourage Service members to take the [Too Much to Lose quiz](#) to test their knowledge on this question and more!



Check out new [Trending Topics](#)  
<https://www.toomuchtolose.org/trending-topics/>



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