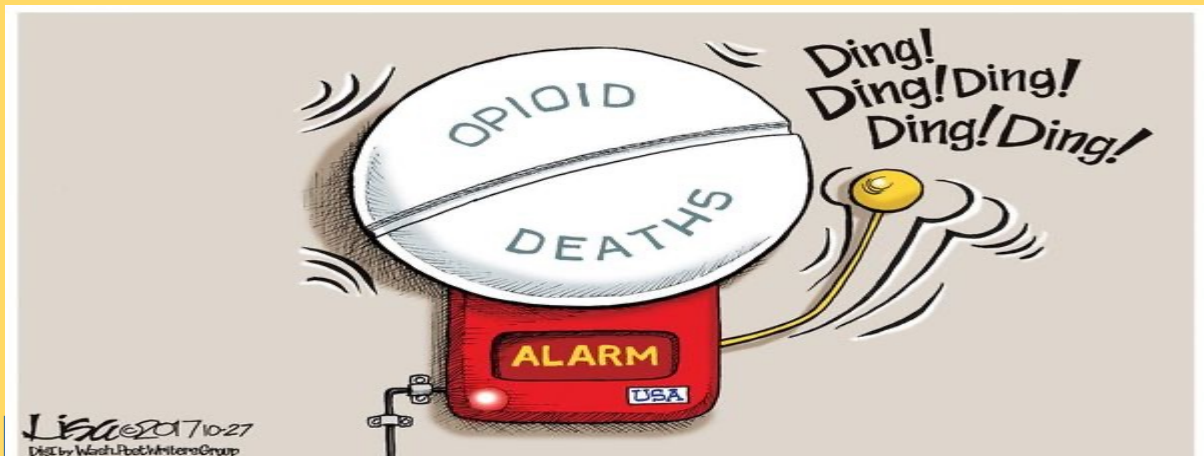


# HOUSATONIC COMMUNITY COLLEGE

## “MENTAL HEALTH IN A MINUTE ”



### Is It Really That Bad?

Opioid Abuse in the U.S. is so bad, it's lowering our life expectancy. In 2021, there was a 28.5 percent rise in the number of deaths caused by drug overdoses, with opioids causing three-fourths of them. Last year, the opioid epidemic killed over 75,000 people.

Connecticut had the eighth highest opioid overdose death rate in 2021.

There are  
**467,000 U.S. citizens**  
addicted to heroin &  
**2.1 million people**  
suffering opioids abuse.



### GET HELP IN CT!

If you or someone you know is struggling with opioid addiction...

**Call 211 or  
The CT Opioid Hotline  
1-800-563-4086, 24/7  
YOU CAN ALSO SEE AN  
HCC COUNSELOR  
203-332-5285**