



OUR MISSION

The Capital Counties Commit media campaign educates and empowers community members to avoid the negative consequences of inappropriate use and abuse of prescription medications.

SECURE

People naturally keep prescription medicines and cold and cough remedies handy to take when needed. They are also handy for other people to take without you knowing it. Securely storing medications out of sight and reach of children will protect young ones from consuming them and prevent them from falling into the hands of those looking to misuse the drugs. Do what's right and lock your prescription medications away safely. We ask you to never share them with anyone.

PROPER DISPOSAL

Prescriptions left in medicine cabinets or elsewhere in the home can often be an easy source for those who would like to abuse prescription medications. Throwing these medications away or flushing them is harmful to drinking water supplies. Visit our website has information about drop off locations and events in Clinton, Eaton, and Ingham Counties for your unused medications.

GETTING HELP

If you or someone you know has an addiction to prescription drugs, there are treatment options available in the tri-county area. Early identification of an addiction is critical as substance use disorder is a serious and chronic disorder. To start, talk with your family physician about ways to get help. Community Mental Health of Lansing offers a wide range of support in times of need.

HEALTHY LIFESTYLE

With good food habits and daily physical activity you and your family will be well on your way to a healthy lifestyle. Easy to say, but sometimes not so easy to do! Our busy lifestyles can be hard on our family's health. Adopt healthy lifestyles for you and your family help prevent substance abuse.

OUR PARTNERS

