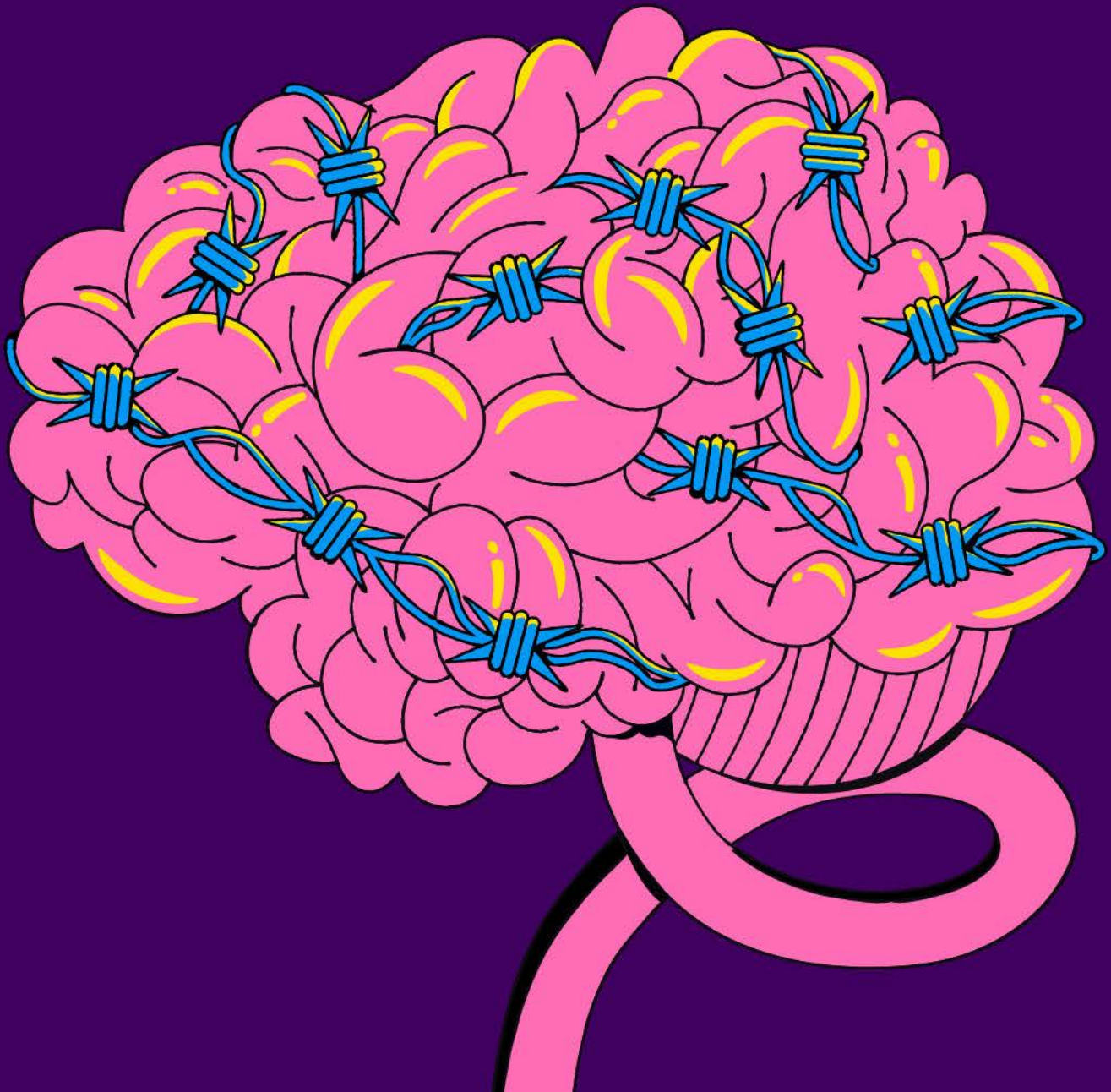


CARD DECK INTERACTIVE LEARNING EXPERIENCE

# FACTS & FEELS



## ABOUT FACTS AND FEELS

Create a space for a real conversation about the link between mental health and substance use.

You can play solo or in a group of up to 4 people, but it's best if there aren't more adults than youth.

Facts & Feels has 3 rounds. For each round all players will answer 3 questions pulled at random from the question bank. If a question doesn't feel right, it's OK to pick a new one.

And remember, empathy is everything.

Be open. Be honest. Be committed to keeping this a safe space. And be willing to take breaks if needed.

## ROUNDS

### ROUND 1

Mental Health

### Round 2

Substance Use

### Round 3

Talk it Out

## HELPFUL DEFINITIONS

**Mental health condition:** an illness or disorder that affects a person's thinking, feeling, behavior, or mood.

Health care professionals use guidelines in the *Diagnostic and Statistical Manual of Mental Disorders* to diagnose mental health conditions. Research suggests multiple interconnected causes, such as genetics, biochemical processes, and environment.<sup>1</sup>

**Opioids:** natural or synthetic chemicals that bind to receptors in your brain or body to reduce the intensity of pain signals reaching the brain. Doctors sometimes prescribe opioid medications to manage and treat moderate-to-severe pain.<sup>1</sup>

**Substance use disorder (SUD):** frequent use of alcohol and/or drugs that causes problems in daily life.<sup>2</sup>

## INSTRUCTIONS AND INTRODUCTION WITHIN THE MODULE

### Real questions for a real conversation about mental health and substance use.

1. Draw your cards.
2. Answer the questions to the best of your ability. Remember, it's all about conversation!
3. Advance through each level and see where the topic takes you.

### Facts & Feels Features:

- Answer multiple choice, True or False, and open-ended discussion questions.
- Use the "skip" button to replace a card with a new question.
- "Flip" the card to see the answer or a tip to keep the conversation going.

## DISCUSSION TIPS

### (SHOWN ON THE BACK OF ROUND 3 DIGITAL CARDS)

- **Know the facts** – Having a strong knowledge base will help you handle tough questions.
- **Offer a free space for feelings** – Honest and empathetic communication makes for a more comfortable conversation.
- **Be open and nonjudgmental** – Even if you don't have a solution, being empathetic and showing your support matters.
- **Play at your own pace** – It's okay to take it slow and even take breaks if you need them.
- **Keep the conversation going** – Plan a time later to check in and see how things are going.

## OUTRO TEXT

You did it!

Let's keep the conversation going.

Play another round ([www.cdc.gov/play-facts-feels](http://www.cdc.gov/play-facts-feels))

Read The Free Mind Formula (<https://www.cdc.gov/free-mind/tips-for-youth/formula.html>)

# QUESTIONS

## ROUND 1

### LET'S TALK MENTAL HEALTH



#### 1. What is a mental health condition?

A mental health condition is a serious and ongoing change in thinking, mood, or behavior that causes distress and problems.<sup>3</sup>

#### 2. What are several types of mental health disorders?

Anxiety, depression, and ADHD (attention-deficit/hyperactivity disorder) are all mental health conditions that can affect a person's behavior, mood, and ability to concentrate.<sup>3</sup>

#### 3. What are three examples of healthy habits for coping with stress?

Healthy coping habits are anything that brings you joy without causing harm to yourself or others. Some healthy coping habits are spending time with friends or family, reading a book, making art, or playing with a pet.

#### 4. Put these steps for talking about mental health with a friend or loved one in the best order:

- Follow up;
- Plan what you want to say;
- Notice your friend or loved one is struggling;
- Pick a time to talk;
- Have a talk.

1) Notice your friend or loved one is struggling; 2) Plan what you want to say;  
3) Pick a time to talk; 4) Have a talk; 5) Follow up.

#### 5. How common is it to experience poor mental health?

Very common. Nearly everyone experiences poor mental health at some point in their life. If you go through a challenging time, know you aren't in this alone.<sup>4</sup>

**6. Which of these behaviors aren't symptoms of someone struggling with their mental health?**

- A) Loss of interest in hobbies**
- B) Poor emotional control**
- C) Better grades**
- D) Being more outgoing than usual**

Mental health conditions can significantly impact daily routines, leading to a loss of interest in hobbies as well as difficulties with emotional control, motivation, focus, sleep, diet, and social interaction.<sup>5</sup> Better grades and being more outgoing than usual are not signs of mental health struggles.

**7. True or False: While school, social media, and your social life can be positive parts of your daily life, they can also be common sources of stress.**

True. School, social media, and social life can also be common stressors for teens that can negatively affect mental health. Think about the stressors in your life and how healthy coping habits can help.

**8. True or False: Offering support to a friend struggling with their mental health is harmful if you don't know the right thing to say.**

False. Even if you don't have a solution to their problems, being empathetic and showing your support is often helpful enough.

**9. If checking in with a friend who seems to be struggling with their mental health doesn't go as planned, what could you do next?**

- A) Try again later**
- B) Suggest they speak to a trusted adult**
- C) Help them reach out to someone else**
- D) All of the above**

All of the above. Even if the conversation didn't go as planned and you're still concerned, it's okay to try talking to them again, suggest they speak with a trusted adult, or help them start that conversation with someone else.

**10. Who can you turn to for support when you're struggling?**

- A) A trusted adult**
- B) Friends**
- C) Family**
- D) All of the above**

All of the above. When you're struggling, it's okay to lean on friends, family, or someone else you trust, like a teacher, counselor, or coach.<sup>5</sup>



**11. True or False: Taking care of your mental health can help lower the chances of developing a substance use disorder (SUD) or experiencing an overdose.**

True. Those who have a mental health condition are at a higher risk for substance use disorder.<sup>3</sup> Prioritizing your mental health is a good way to reduce your risk of developing an SUD or experiencing an overdose.

**12. True or False: If you're worried about someone's mental health, you shouldn't talk to them about it.**

False. Just starting a conversation can make a major difference. Some examples of conversation starters are: "You've seemed down lately. Wanna talk?" "You haven't been acting like yourself lately. Is something wrong?" and "I want you to know you can talk to me about anything."

**13. If you're feeling off, you're not alone. Can you guess what percentage of teens reported feeling sad or hopeless in 2023?**

- A) 20%**
- B) 30%**
- C) 40%**
- D) 50%**

C) 40%. In 2023, 4 out of 10 high school students said they had experienced persistent feelings of sadness or hopelessness.<sup>6</sup>

**14. If you're struggling and don't feel like you can talk to anyone you know, what is a 24/7 crisis phone number you could call for help?**

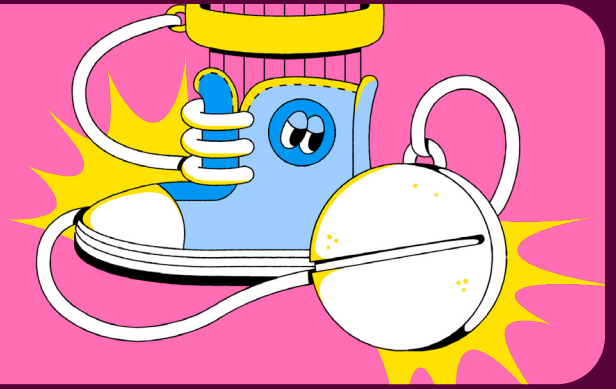
There is always someone willing to listen. While there are others, the 988 suicide and crisis lifeline is one example of a national 24/7 crisis lifeline that you can call, text, or chat with when you need help.

**15. True or False: It is impossible to create fake pills meant to look like antidepressants and ADHD medications.**

False. Medications that are not prescribed to you by a doctor could be counterfeit and mixed with illegal drugs.<sup>7</sup>

## ROUND 2

# LET'S TALK SUBSTANCE USE



- 1. True or False: Having a mental health condition raises a person's risk of substance use disorder (SUD).**

True. Mental health conditions and SUDs often happen together. If someone has an SUD, they are at a higher risk of developing a mental health condition, and vice versa.<sup>8</sup>

- 2. Teens who have experienced serious depression are more likely to have:**

- A) Used illegal drugs, marijuana, or tobacco**
- B) Misused opioids**
- C) Binge drank alcohol**
- D) All of the above**

D. All of the above.<sup>3</sup>

- 3. What is a warning sign that you might have a substance use disorder (SUD)?**

- A) Feeling that you have to use a substance like alcohol, nicotine, or opioids regularly**
- B) Using substances in social settings**
- C) Using a substance prescribed by a doctor**
- D) None of the above**

A) Feeling that you have to use or depend on a substance like alcohol, nicotine, or opioids regularly or even several times a day.<sup>3</sup>

- 4. True or False: Fentanyl is a synthetic opioid that is 50 times stronger than heroin and 100 times stronger than morphine.**

True. It is often added to illegal drugs and fake pills to make them more potent.<sup>8</sup>  
It only takes a tiny amount to cause a fatal overdose.<sup>4</sup>

- 5. Which medications are often made and sold illegally as counterfeit pills?**

- A) Prescription opioids, like oxycodone**
- B) Sedatives, like Xanax®**
- C) Stimulants, like Adderall®**
- D) All of the above**

D) All of the above. Counterfeit pills are fake pills made to look like the real thing including prescription opioids, sedatives, and stimulants.<sup>7</sup>

**6. True or False: In 2023, 10% of fake pills contained a deadly dose of fentanyl.**

False. 50% of the fake pills contained fentanyl.<sup>9</sup>

**7. Misusing prescription medications, taking illegal drugs, or drinking alcohol can:**

- A) Cause or worsen anxiety, sadness, anger, and depression**
- B) Affect your memory and mood**
- C) Make you feel like someone who isn't you**
- D) All of the above**

D) All of the above.<sup>10</sup>

**8. Fentanyl is \_\_\_\_ times stronger than morphine.**

- A) 25**
- B) 50**
- C) 75**
- D) 100**

D) Fentanyl is 100 times stronger than morphine.<sup>8</sup>

**9. True or False: If nothing bad happened the last time you took illegal drugs, you'll be safe the next time.**

False. A fatal overdose can happen to anyone. Synthetic opioids, like fentanyl, contribute to nearly 70% of all overdoses.<sup>11</sup> There is no safe way to use drugs, it's almost impossible to tell if fentanyl has been mixed into drugs.

**10. Opioids are:**

- A) A broad category of natural and synthetic (lab-made) chemicals**
- B) Prescribed by doctors to treat pain**
- C) Drugs that carry serious risks of addiction and overdose if not used as prescribed**
- D) Include heroin and illegal fentanyl**
- E) All of the above.**

E) All of the above.<sup>12</sup>



**11. True or False: Polysubstance use happens when a person intentionally or unintentionally takes more than one drug (including alcohol) at the same time.<sup>13</sup>**

True. In 2022, nearly half of drug overdose deaths involved multiple drugs.<sup>9</sup>

**12. True or False: Opioid-involved overdoses never involve other opioids and/or other non-opioid substances.**

False. Opioid-involved overdoses often occur **in combination** with other opioids and/or other non-opioid substances like illicit drugs, prescription drugs, or alcohol.<sup>13</sup>

**13. On average in the United States, there's a drug overdose every \_\_\_\_ minutes.**

- A) 5**
- B) 15**
- C) 25**
- D) 35**

A) On average in the United States, there's a drug overdose every 5 minutes.<sup>14</sup>

**14. Which of these are warning signs of an overdose?**

- A) If someone is unconscious or can't be woken up**
- B) Slow or shallow breathing or difficulty breathing, such as choking sounds or a gurgling/snoring noise from a person who can't wake up**
- C) Discolored skin**
- D) Small, constricted "pinpoint" pupils that don't react to light**
- E) All of the above**

E) All of the above.<sup>15</sup> If you suspect an opioid overdose, administering naloxone can reverse it and save their life.

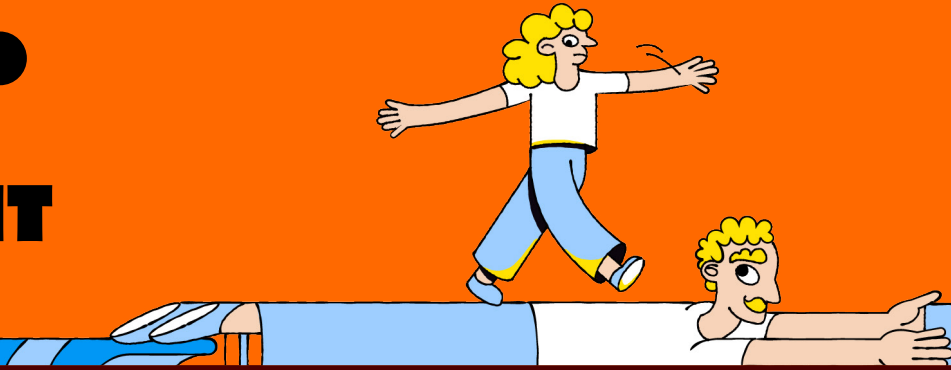
**15. What is the correct order of steps to take if you see someone overdosing?<sup>15</sup>**

- Lay the person on their side to prevent choking;**
- Try to keep the person awake and breathing;**
- Give an overdose reversal medication, like naloxone (if available), and call 911;**
- Stay with the person until emergency assistance arrives.**

1) Give an overdose reversal medication, like naloxone (if available), and call 911; 2) Try to keep the person awake and breathing; 3) Lay the person on their side to prevent choking; 4) Stay with the person until emergency assistance arrives.

### **ROUND 3**

## **LET'S TALK IT OUT**



- 1. How can you prioritize your mental health during stressful times?**
- 2. When I'm feeling sad, I \_\_\_\_\_.**
- 3. How does seeing or hearing about people using drugs make you feel?**
- 4. Why do you think it's difficult for some people to say no to drugs?**
- 5. How can you support a friend who might be struggling with drug use?**
- 6. What's one thing you really need to hear right now?**
- 7. If I found out you were using drugs, how do you think I would react? What should I do?**
- 8. If a friend's behavior seemed off, would you step in or stay out of it?**
- 9. On a scale of 1 to 10, how stressed have you been lately? Why?**
- 10. Have you ever felt pressured to fit in?**
- 11. Which activity brings you the most joy?**
- 12. What are you most excited about for the future?**
- 13. What's the first word that comes to mind when you think about people who use drugs?**
- 14. Would you feel comfortable reaching out if you were struggling?**
- 15. Do you feel comfortable talking about mental health with your friends?**
- 16. Do you feel comfortable talking about mental health with a trusted adult like a parent, coach, or teacher?**

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