

YOUR HEALTH MATTERS



This resource was developed by ESD 123 in partnership with the WA Department of Health. Visit www.esd123.org/services/student-support

LOCAL RESOURCES

Comprehensive Healthcare Crisis Line
509-792-1747

My Friends Place (homeless youth shelter)
509-438-0079

Chaplaincy Cork's Place (grief & loss):
509-783-7418

SARC (support for victims of assault):
509-374-5391

Mental Health / Substance Use:

- ◆ Comprehensive Healthcare: 509-412-1051
- ◆ Catholic Charities: 509-946-4645
- ◆ Lutheran Community Services: 509-735-6446
- ◆ Tri-Cities Community Health: 509-545-6506
- ◆ Lourdes Counseling Center: 509-943-9104

For more help connecting to local resources state-wide, dial 2-1-1 or visit www.wa211.org.

Who else can help?

• School Counselor • Teacher
• Coach • Sibling • Relative

Teen Link Help Line

866-TEENLINK (833-6546)
www.teenlink.org

Washington Recovery Help Line

(substance use, gambling,
mental health)
866-789-1511

Quit Vaping App

www.doh.wa.gov/quit

If you are concerned about the immediate safety of yourself or others, CALL 911.

Sexual Assault Hotline: 800-656-HOPE (4673)

www.thetrevorproject.org

Trevor Project LGBTQ Crisis Line: 866-488-7386

www.1800runaway.org

Runaway Safe Line: 800-RUNAWAY (786-2929)

National Suicide Prevention Lifeline: 800-273-8255

National Crisis Line: www.crisisconnections.org
866-4-CRISIS or text HEAL to 741-741

Coping Skills

youcanwa.org/cope-with-stress

Life can throw a lot our way. That's why it's so important to take care of yourself. Try some of these ideas for helpful coping skills:

- ❖ Take a walk or go for a drive
- ❖ Pray or meditate
- ❖ Listen to music
- ❖ Get creative: draw or dance
- ❖ Clean or organize your environment
- ❖ Try deep breathing exercises

WHAT ARE THE FACTS



FACT #1 Marijuana smoke is dangerous to the lungs and contains toxic chemicals that can cause problems, including cancer.



FACT #2 Marijuana can be addictive, like any other psychoactive drug.

FACT #3 Marijuana can impair your judgment, causing you to do things you'll regret.

FACT #4 Regular marijuana use can make remembering things more difficult.



FACT #5 Marijuana affects many of the skills required for safe driving and other tasks, and these effects can last up to four hours. Research has also shown a link between frequent marijuana use and increased violent behavior.



Develop Your Refusal Skills




www.youthnow.me/youth-teens/friend2friend

- 1** Give a reason for saying "No." Be honest. Some reasons might be: "I could get suspended from the team," or "I don't use alcohol or other drugs."
- 2** Use the right body language. Your body language must match your words. Make eye contact, stand up tall, and use a firm voice. Don't look at the ground, glance away, speak softly, or show you are nervous.
- 3** Express your concern for those trying to persuade you. In the case of friends who have decided to drink, you might say things like, "I'd be really sad if anything happened to you."
- 4** Suggest something else. Try to persuade your friends to do something fun that's safer or healthier.
- 5** Take action. If your friends still try to talk you into doing something you don't want, just leave. That way they'll know you're not going to change your mind.




How to help a friend who is using drugs:

Sometimes people might turn to drugs to cope with stress. Remember empathy: put yourself in their shoes.

You can...

-  Sit with them at lunch
-  Say "Hi" or smile
-  Let them know you're there for them

What to say...

-  Is something going on?
-  Are you ok?
-  I notice you've been different.