

# Substance Abuse Prevention Collaborative

June 5, 2020

Hello everyone, we are here to support you in any way we can during these challenging times. This newsletter is designed to provide your family with a variety of educational links, activities, and resources on overall wellness and substance abuse, on a weekly basis. Welcome to Week 11!

## NIDA's Mind Matters Series

[https://teens.drugabuse.gov/teachers/mind-matters/teachers-guide?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=mm\\_5\\_28\\_20](https://teens.drugabuse.gov/teachers/mind-matters/teachers-guide?utm_source=social&utm_medium=facebook&utm_campaign=mm_5_28_20)



NIDA's "Mind Matters" series explores the ways that different drugs affect your brain, body, and life. Wealth of information for parents, teachers, and anyone who wishes to become educated on brain anatomy and the specific dangers to our youth.

<https://www.youtube-nocookie.com/embed/0-8PvNOdByc>

## A Message to Parents

<https://www.youtube-nocookie.com/embed/hD03TpByqQA>

In the times we find ourselves, there are more "reasons" that our youth will experiment with or use alcohol and/or drugs to escape. The brief video explores why teens may use and how parents can respond.

## How to Get Help

[https://teens.drugabuse.gov/blog/post/how-get-help-if-you-or-someone-you-know-suicidal?utm\\_source=social&utm\\_medium=facebook&utm\\_campaign=nidateens\\_05\\_26\\_20](https://teens.drugabuse.gov/blog/post/how-get-help-if-you-or-someone-you-know-suicidal?utm_source=social&utm_medium=facebook&utm_campaign=nidateens_05_26_20)

There is so much uncertainty in our lives today. If you or someone you know needs help today, you can find help at the Crisis Text Line and the National Suicide Prevention Lifeline. Please check on your "strong" friends too! They're free and available 24/7:

- Text "HELLO" to the Crisis Text Line at 741741
- Call the Lifeline at 1-800-273-8255

## WHO ARE WE?

### SAPC

*SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.*

#### Communities include:

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