MENTAL HEALTH, ALCOHOL & DRUG USE
YOUTH & YOUNG ADULT RESOURCES

Know a young person needing help?

Help is available.

SUBSTANCE USE: RESOURCES AND TALKING POINTS
Explore local prevention resources and learn how your family can stay substance free.

Alcohol & Marijuana All families, regardless of socioeconomic, race and other factors, can be affected by drugs and alcohol. Find resources to help parents be on the lookout at StarkMHAR.org/BOLO

Drug Drop Boxes Get rid of unwanted, expired prescriptions at 18 safe collection boxes accessible 24/7, free of charge. For a listing of permanent sites, visit StarkMHAR.org/DrugCollection

More resources for families and medical professionals can be found at StarkMHAR.org/Help

YOUTH SUICIDE PREVENTION: WHAT YOU CAN DO
There is no single cause of suicide. No one cause or event makes a person consider suicide. Suicide is a result of multiple stressors that make an individual feel out of control, hopeless or unable to change what is happening.

Text 4Hope to 741 741 Crisis Text Line serves young people in any type of crisis, providing them access to free, 24/7, emotional support and information they need via the medium they already use and trust: text messaging. Learn more at StarkMHAR.org/CrisisTextLine

Youth Suicide Prevention resources are available. Learn how you can talk with family and friends, help others feel less alone and know the warning signs at StarkMHAR.org/YouthSuicidePrevention

YOUTH MOBILE RESPONSE: HELP IS A PHONE CALL AWAY
Mobile Response Youth Program provides a rapid, culturally competent, trauma-informed mobile response employing behavioral health interventions that are sensitive to the age-specific needs of preschool and school-age children.

Parents, caregivers and professionals can call Mobile Response based on their need for urgent intervention. All situations are considered valid.

Call Stark County’s Crisis Hotline for the Mobile Response Team at 330-452-6000, anytime, day or night. Learn more at StarkMHAR.org/MobileResponse

STARK COUNTY

FUNDERS & PARTNERS

SAMHSA Ohio

STARK COUNTY Mental Health & Addiction Recovery
StarkMHAR.org

COLEMAN Professional Services

Mobile Response Team
WARNING SIGNS
Each year in the United States, people of all ages complete suicide. Of these individuals, approximately 80% have given warning signs to their families, friends and neighbors.

- Talking or writing about suicide
- Giving away belongings
- Withdrawing from loved ones and activities
- Feeling hopeless, helpless, worthless
- Seeking ways to suicide, such as guns or pills
- Major eating or sleeping changes
- Increasing use of alcohol or other drugs
- Losing interest in things previously enjoyed

CRISIS RESOURCES
Suicide can be prevented. Counselors are available 24 hours/7 days a week/365 days a year. If you or someone you know are in crisis, please immediately contact:

- Call 330-452-6000, the Stark County Crisis Hotline, anytime
- Text 4hope to 741 741, Crisis Text Line, anytime
- Call 1-800-273-TALK (8255), the National Suicide Prevention Lifeline anytime
- Call 9-1-1 if emergency services are needed. If requesting law enforcement, you can ask for a Crisis Intervention Team (CIT)-trained officer.

MENTAL HEALTH FIRST AID TRAINING FOR YOUTH
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health, addiction or crisis.

The course introduces common mental health challenges for youth, reviews typical adolescent development and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

What can you do about youth suicide prevention? Resources, talking points and shareable downloads are available. Spread the word and begin conversations with young people in your life. Learn more at StarkMHAR.org/YouthSuicidePrevention

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Stark County residents can access behavioral health services regardless of their ability to pay through the Stark County Mental Health & Addiction Recovery (StarkMHAR) Care Network. StarkMHAR funded service providers accept various insurance programs, Medicare and Medicaid. Stark residents that are not covered by one of those options can receive services. Their ability to pay for those services will be determined by their income and could be fully subsidized by StarkMHAR. Learn more at StarkMHAR.org/CareNetwork

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(italics indicate StarkMHAR-funded youth treatment.)