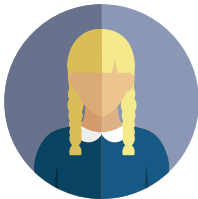




Know a young person
needing help?

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

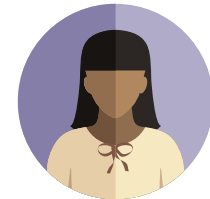


YOUTH SUICIDE PREVENTION: WHAT YOU CAN DO

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

FUNDERS & PARTNERS



ADDITIONAL RESOURCES



Keep hope alive.

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.

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

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.

Learn more about upcoming trainings at StarkMHAR.org/MentalHealthFirstAid

StarkMHAR Care Network

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

- Canton Community KidSummit Against Drugs** 330-453-1155
- Child and Adolescent Behavioral Health** 330-454-7917
- Coleman Professional Services** 330-438-2400 (*Teens 16+ yrs*)
- CommQuest Services** 330-455-0374
- Domestic Violence Project** 330-453-7233
- Foundations, A Place for Education & Recovery** 330-454-2888
- ICAN Housing** 330-455-9100
- Make-A-Way** 330-837-0650
- NAMI Stark County** 330-455-6264
- OhioGuidestone** 440-260-6466
- Pathway Caring for Children** 330-493-0083
- Stark County TASC** 330-479-1912
- Stark Social Workers Network** 330-455-2260
- Summit Psychological Associates** 330-493-2554

(Italics indicate StarkMHAR-funded youth treatment.)