

### WHEN MENTAL HEALTH AND SUBSTANCE USE COLLIDE

#### "TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### Other Helpful Information

Playbook for  
Parents of Teens

Substance Use &  
Mental Health Guide

#### Mental Health and Substance Use are Tightly Linked

Teen Mental Health is a Major Concern

- 1 in 6 teens report negative emotions often or all of the time (NAMI, 2022)
- Females and teens who identify as LGBTQ+ are at greater risk
- More than 2 of every 10 teens seriously has considered suicide. For females, the number was 3 in 10 while for LGBTQ+ students it was nearly half. (CDC, 2021)

Some Risk Factors for Teen Substance Use

- mental health concerns
- family conflict
- lack of school connectedness
- family history

Teens may use substances to attempt to relieve their symptoms such as depression and anxiety. While alcohol and other drugs may seem to work in the short term, they can lead to worsening mental health and a substance use disorder.

#### Social Media Plays a Prominent Role

Teens may use social media to buy:

- Adderall (used to treat ADHD)
- Xanax (used to treat short-term anxiety)
- Percocet, Oxycontin, other opioid pain pills (often used in an attempt to numb emotional pain)

Many pills sold on these platforms are counterfeit and contain lethal doses of fentanyl, a powerful opioid, largely responsible for the overdose deaths in our country.

A Quick Guide to Snapchat:  
The Dangers of Illicit Substances

#### If You Are Concerned About Your Teen, Don't Wait!

Risk Assessment  
TOOL

- Screen for risk factors and learn ways to mitigate the risks if present
- Reach out to the counselors or mental health professionals at school, your pediatrician or other trusted healthcare professionals to get an evaluation.
- **Partnership to End Addiction** has other free, confidential services that may help:
  - bilingual helpline (English and Spanish)
  - text-based support program
  - solutions-driven support group meetings
  - parenting skills course

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