

# K.N.O.W. 2 PREVENT

KNOWLEDGE NETWORK  
OF WESTCHESTER

You can't PREVENT  
what you don't know!

## A WESTCHESTER VIRTUAL SPEAKER SERIES

### 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
- lack of school connectedness
- family conflict
- 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)

#### A Quick Guide to Snapchat: The Dangers of Illicit Substances

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.

#### 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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STUDENT ASSISTANCE SERVICES

