

SUICIDE PREVENTION AND SUBSTANCE USE

in youth

**SUBSTANCE USE AND SUICIDALITY
CAN CO-OCCUR AMONG YOUTH AND
SHARE MANY OF THE SAME RISK AND
PROTECTIVE FACTORS.**



**COPING SKILLS HELP BUILD RESILIENCE FOR
DEALING WITH STRESSFUL SITUATIONS.**

GET CONNECTED.

- Talk to people you trust



TAKE CARE OF YOURSELF.

- Exercise regularly
- Practice relaxation

- Visit family and friends
- Participate in support groups



- Relaxation techniques
- Have healthy eating habits
- Do things you enjoy

TALKING TO A PROFESSIONAL CAN HELP, VISIT:

www.myfloridamyfamily.com

RESOURCES

Narcotics Anonymous

www.na.org/meetingsearch/
In 'Meeting Format' select 'Young People'

Alcoholics Anonymous meetings

ypaas.netlify.app

Online meetings & Messageboard discussion groups

www.smartrecovery.org/teens

STOP AN OVERDOSE

GET NALOXONE. SAVE A LIFE.

Naloxone is available in some pharmacies without a prescription.

Naloxone is an emergency medicine that prevents overdose death from prescription painkillers, heroin, and fentanyl. Florida law has provisions protecting overdose victims and ensures liability of providing medical assistance from criminal prosecution and civil penalties.

To learn more, visit: isaveFL.com



NATIONAL
SUICIDE
PREVENTION
LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org