

# Hey Mom...

A strong relationship starts with communication, here are ideas when communicating with your children...

**Listen to me:** Encourage me to express my feelings. Make sure I know that no subject is off-limits.

**Help me gain perspective:** Peers, social media, and music may give the idea that most adults use alcohol, drugs, and even vaping. Which is not the case.

**Help me learn ways to say no:** Role-play with me, and help me learn creative, effective, ways to say no. Try "Let's play a game. Pretend you're at Sara's house with friends. Someone finds some beer, and they offer you one. What would you say.?"



**Look for teachable moments.** When watching TV together and cannabis is mentioned, ask me if I know what that is and if any of my friends have ever talked about it. If I'm eating a snack, use that as a conversation started about ways we keep our bodies and minds healthy.

**Keep me busy.** Help me discover things I'm good at. Make sure I stay involved in those activities. Be a good example. Understand that I watch and learn from your behavior.

**Build my self-esteem.** The more confidence I have in myself, the better I'll be able to steer clear of dangerous behaviors. So "catch me" doing good things, praise me, and tell me you are proud of me.

If you suspect a problem, get me help. Learn the signs of substance use, depression, and anxiety and how to get help. Call the Lake County ADAMHS Board's Compass Line at 440-350-2000 or [www.HelpThatWorks.us](http://www.HelpThatWorks.us).

Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board

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- ✉ Text 988 for support
- ☎ Crisis Hotline at 440-953-8255
- 🚒 Call 911
- 🚑 Go to the nearest University Hospitals Emergency Department in Willoughby or Concord Twp.



## COMPASS LINE

HELP



## Compass Line

Non-emergency resource line for families and individuals

The Compass Line is a central, user-friendly entry point. The Compass Line has access to information, referrals, and wait times for the Lake County ADAMHS Board providers and can directly link individuals to the services needed. The Compass Line is available weekdays, 8:30 a.m. to 4:00 p.m., or email [compassline@lakeadamhs.org](mailto:compassline@lakeadamhs.org).

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