

I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?

Talk to an adult you trust about the problem.

- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called **Alateen**. Alateen has meetings, like a club, and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

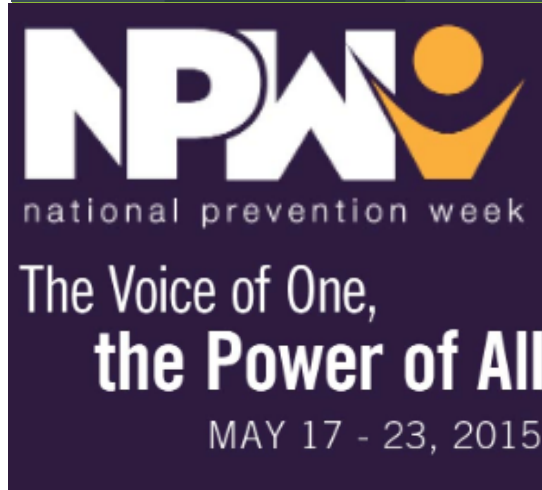
Alateen Support Group

al-anon.alateen.org

Telephone: (757) 563-1600



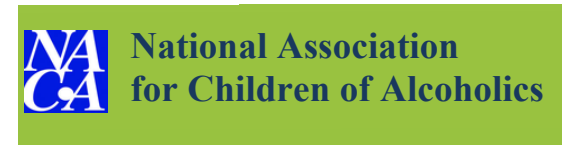
NATIONAL CHILDREN'S
MENTAL HEALTH AWARENESS DAY
MAY 7, 2015
www.samhsa.gov/children
Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-728-4727)



NPW
national prevention week
The Voice of One,
the Power of All
MAY 17 - 23, 2015

National Association for
Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
www.nacoa.org

**Use brochure with
May worksheet.**



NACOA National Association
for Children of Alcoholics



**National
Prevention
Week
& Mental
Health
Awareness
Day**



Just 4 Kids



Definitions

Awareness: knowing that something (a situation, problem, or feeling) exists or happens.

Prevention: to keep something bad from happening before it happens.

Awareness and Prevention

How you feel (happy, sad, safe, scared) & how happy you are with friends and family & how much sleep, good food, and good care you get all affect how good your mental health is. Feeling safe and good about yourself is needed to have good mental health. Remember it is your parent/guardian's responsibility to do treatment and recovery; and it is your job to take care of yourself and be safe. Having a happy life and just being a kid is what is important, no matter what is going on with your family. Remember that Alcoholism is a disease and if you never drink you can never become an alcoholic. Enjoy your life by joining activities, clubs, and sports teams that make you feel happy. Play with your friends, go with them on a hike or ride your bike, and spend time with safe people.



- Body:** Wash hands, brush teeth, exercise, sleep
- Mind:** Do homework, read, and think about good choices
- Spirit:** Go to church, synagogue, read spiritual materials, pray, or meditate
- Feelings:** Talk with a safe person who you trust
- Being a kid:** Play with friends
- Goals:** make plans to get something done (learn something new, do homework)