

What to do if you think your teen needs help

1. Find a qualified professional or program.
2. Talk with your teen about seeking help.
 - Involve a possible mentor, coach, or close relative.
 - Know your limits.
 - Plan for next steps and all possible outcomes.
 - Set consequences together ahead of time.
3. Be involved.
4. Seek help for yourself.

For more information on reducing the risk of teen substance use and addiction, check out rogersbh.org/teenaddiction.

