



[www.amhc.org/news/teenoutreach](http://www.amhc.org/news/teenoutreach)  
AMHC 24/7 Helpline 1-800-244-6431



## LEARN THE SIGNS. START A CONVERSATION.

### PREVENT SUBSTANCE USE IN ADOLESCENTS

Adolescence is a crucial time to address substance use risks. Recognizing signs, engaging in open conversations, and using available resources can support youth in Aroostook and Washington counties. AMHC offers tools, guidance, and connections to help prevent substance use and promote healthier futures.

### WHAT ARE THE SIGNS TO LOOK FOR?

- Behavioral changes, such as mood swings or withdrawing from loved ones
- Decline in school performance
- Bloodshot eyes, unusual odors, or poor hygiene
- Increased secrecy about activities

### HOW CAN AMHC HELP?

#### Learn How to Talk About Substance Use

Practical tips and resources to guide difficult conversations.

#### Recognize the Signs of Substance Use

Tools for identifying early indicators in adolescents.

#### Discuss the WHY Behind Substance Use

Understand substance use as a symptom of other challenges.

#### Referrals to Treatment

Connect with trusted substance use counselors and programs.

### TAKE ACTION TODAY

Contact the AMHC Call Center at 1-800-244-6431 to request a consultation. Preventing adolescent substance use begins with understanding and taking action—together, we can make a difference.

### DID YOU KNOW?

90% of people with a substance use disorder started using alcohol or drugs before turning 18. Early use dramatically increases the risk of long-term challenges.