

## **Prevention Resources in Spanish**

### **YOUTH:**

Substance Abuse Prevention:

<https://www.stopalcoholabuse.gov/communitiestalk/whatsnew/technicalassistance.aspx?ID=126>

- resources for parents talking to kids- Facts on Underage Drinking, Facts on College Student Drinking, Underage Drinking: Myths vs. Facts, Talking With Your College-Bound Young Adult About Alcohol

[https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-03-03-005\\_508.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-03-03-005_508.pdf) -Facts and effects of cocaine, question and answers, how to know if someone is using, tips for youth

[https://www.primoprevention.com/wp-content/uploads/2016/03/say\\_no\\_to\\_drug\\_spanish\\_63836.pdf](https://www.primoprevention.com/wp-content/uploads/2016/03/say_no_to_drug_spanish_63836.pdf) - Say no to drugs (for young kids) some pages could be used as color sheets?

<https://www.positivepromotions.com/spanish-language-10-ways-to-help-kids-stay-drug-free-magnetic-glancer-personalization-available/p/cs1286m/> -10 ways to keep kids drug free(school)

[https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts\\_SoYV\\_Spanish\\_2019.pdf](https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_SoYV_Spanish_2019.pdf) - talking to your college bound kid about alcohol

[https://www.opioidlibrary.org/wp-content/uploads/2019/08/AZ\\_parentTalkKit\\_Spanish.pdf](https://www.opioidlibrary.org/wp-content/uploads/2019/08/AZ_parentTalkKit_Spanish.pdf) - toolkit for parents to talk about substance abuse with youth, has printable sheets at the end to make a family plan to prevent substance abuse and a checklist of fun things to do as a family

### **YOUTH:**

Suicide Prevention:

[https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Documents/ParentBrochure\\_YSP\\_Spanish.pdf](https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/SAFELIVING/SUICIDEPREVENTION/Documents/ParentBrochure_YSP_Spanish.pdf) - is your child at risk for suicide (observe, listen, help)

...<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community> - mental wellness for families in the hispanic community in 3 videos

<https://online.flippingbook.com/view/372476125/> -handbook for teens on alcohol and marijuana use

## **ADULT:**

Substance Abuse Prevention:

[https://www.cdc.gov/rxawareness/pdf/factsheets/Prevent-Addiction-Fact-Sheet\\_Spanish-Release\\_508.pdf](https://www.cdc.gov/rxawareness/pdf/factsheets/Prevent-Addiction-Fact-Sheet_Spanish-Release_508.pdf) - learn how to prevent addiction and reduce risk

<https://www.cdc.gov/rxawareness/pdf/Signs-Opioid-Addiction-Postcard-Spanish.pdf> - what are the signs of opioid addiction and how can you help someone

<https://www.cdc.gov/rxawareness/pdf/Addiction-Can-Be-Prevented-Spanish.pdf> - steps to avoid opioid addiction

<https://www.workingpartners.com/spanish-language-resources/> - tons of short tidbits about alcohol, marijuana, and other drugs

<https://drugfree.org/recursos-en-espanol/prevencion-y-accion-temprana/> - resources at bottom of the page describing different substances

## **ADULT:**

Suicide Prevention:

<https://www.samhsa.gov/sites/default/files/spanish-language-resources-obhe-10202020.pdf> - grid with resources for mental health, suicide prevention, substance abuse, etc. with phone numbers, website, and descriptions

<https://store.samhsa.gov/sites/default/files/d7/priv/svp11-0126sp.pdf> - wallet card - quick tips for spotting warning signs of suicide

[Prueba De Depresión](#) - [Prueba De Ansiedad](#) -depression & anxiety screening tests

<https://www.mhanational.org/issues/latinhispanic-communities-and-mental-health> - tons of resources for depression, anxiety, well being, stress, substances, etc.

<https://multiculturalmentalhealth.ca/consumer-information/mental-health-information-resources-in-spanish/> - general mental health resources spanish