



PREVENTION TEAM NEWSLETTER

IMPORTANCE OF RELATIONSHIPS AND HOW TO MAINTAIN THEM



[How to stay connected during lockdown](#)

It's so important for our mental health to try and stay connected with others during lockdown. We asked our bloggers how they're keeping in touch with loved ones. Here's what they said.
youngminds.org.uk



“National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen every day.”

IMPORTANCE OF ASKING FOR HELP

When we're struggling with something, it's natural to turn to others for help. Helping each other is all part of the giving and receiving that makes up good relationships

<https://kidshealth.org/en/teens/help-obstacles.html>

Life During Social Distancing



POSSIBLE EMOTIONS ABOUT DRUGS AND ALCOHOL

You may believe that use of these substances will improve mood, however, they actually worsen mood problems.

Tips to prevent usage related to emotion:

- **Develop a strong support system** - promotes higher levels of well-being, better coping skills and a longer and healthier life. Studies have also shown that social support can reduce depression and anxiety.
- **Talk about it!** - [Talk. They Hear You. Campaign](#) —Aims to reduce underage drinking and substance use among youths under the age of 21
- **Open Minded Learning** - Academic and Social-Emotional Support & Enrichment openmindlearningnapa.org

“NEW Tips for Teens fact sheets on [e-cigarettes](#) and [opioids](#) to help teens get smart about these substances and the very real consequences of misusing them.”

IMPORTANCE SELF-CARE



<https://youtu.be/IDecu0ME1Zo>

<https://youtu.be/Aw71zanMnY>