

It's almost summer...

- Graduation
- End of school year
- Parties

Remember to treat yourself and your friends safely and with respect

Resources Every Teen Should Have:

Suicide Hotline

9-8-8

Crisis Line

Text "VT" to 741741

VT Helplink

Call 802-565-LINK
(5465) or visit

VTHelplink.org for
free and

confidential alcohol
and drug support

and referral

services if you or

someone you know
needs help.

Youth Resources



24/7 Sexual Violence Hotline

Lamoille County: 802-888-5256

Hardwick Area: 802-472-6463

STAY SAFE AT PARTIES

- Never leave a drink unattended or take a new drink from a stranger
- Keep your phone charged - you never know when you may need to use it
- Stick with your friends - don't wander off alone and don't let friends wander off alone
- Share your location with your parents/caregiver/trusted adult

Celebrate Safe

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TRANSPORTATION SAFETY

Never drive under the influence or get in the car with someone that you know has been drinking or using weed (even if they say they are fine to drive)

Set up a ride to and from parties

Wear a seatbelt

Don't text and drive

Keep your eyes on the road

Celebrate Safe

Youth Resources:



Healthy
Lamoille
Valley

A Program of the Lamoille Family Center

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SIGNS OF CANNABIS OVERDOSE



Watch for symptoms:

- Extreme anxiety or panic attacks
- Losing touch with reality - hallucinations, delusions, or a loss of personal identity
- Decreased judgment, perception, and coordination
- Fast heart rate, chest pain, or heart attack
- Uncontrollable shaking or seizures
- Pale skin color
- Unresponsiveness



When symptoms are severe, get medical attention—call 911 or drive to the nearest emergency room—to ensure that the person overdosing is monitored for complications and dangerous side effects

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SIGNS OF ALCOHOL OVERDOSE

M Mental Confusion

U Unresponsive

S Snoring/Gasping

T Throwing Up

H Hypothermia

E Erratic Breathing

L Loss of Consciousness

P Paleness/Blueness

If you observe any of these symptoms of alcohol overdose:

Call 911 for help

Stay with them while waiting for emergency personnel:

- Gently turn them onto their side and into the recovery position
- Don't leave them alone at any time and be prepared to administer CPR

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