

**WHERE TO TURN IF YOU THINK A YOUTH  
NEEDS HELP FOR A SUBSTANCE ABUSE  
OR MENTAL HEALTH PROBLEM:**



**If you suspect a youth is using drugs or alcohol some signs to look for are:**

- Change in friends/social activities
- Change in appetite or sleep habits
- Change in school performance
- Losing interest in things they previously enjoyed
- Secretive, silent or uncommunicative behaviors
- Significant change in hygiene habits

**If you are concerned that a youth has an emotional or mental health problem some signs to look for are:**

- Talks about hurting self or others
- Begins to isolate from others, withdraws from enjoyable activities
- Engages in behavior that could hurt self or others
- Change in school performance
- Sudden changes in personality and mood, including angry outbursts

**Seek immediate medical attention, contact parents, and/or CALL 911 if a youth exhibits any of the following:**

- Trouble breathing
- Seizures
- Loss of ability to speak
- Unresponsive
- There is an admission of substance use and you believe the youth may be unsafe
- Anytime you are concerned a youth is under the influence and you believe they may be unsafe

**Places you can call for help:**

- The Kalamazoo Community Mental Health and Substance Abuse Services Access Center at 373-6000, 24 hours per day, 7 days per week
- Family & Children Services, Mobile Crisis Response Team (MCR), at 373-6000, 24 hours per day, 7 days per week.
- The Community Healing Centers at 343-1651
- Call 211, a resource line that is available 24 hours a day for crisis intervention and referral information

These lists are not all-inclusive and are only a few indicators of substance abuse or mental health problems. These suggestions should not be substituted for a professional assessment. For more information you can go to [WWW.SAMHSA.gov](http://WWW.SAMHSA.gov)