



Wheeler

**CONNECTICUT  
Clearinghouse**

a program of the Connecticut Center  
for Prevention, Wellness and Recovery

A library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics.

## **Pamphlet And Poster Directory**

Connecticut Clearinghouse  
334 Farmington Avenue  
Plainville, CT 06062  
800.232.4424 (Voice/TTY) or 860.793.9791 (Voice/TTY)  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org)



**CONNECTICUT**  
Mental Health & Addiction Services

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## PAMPHLETS

Limit: 50 Pamphlets Per Month

### Activity Books

About Alcohol & Other Drugs: A Coloring & Activities Book	Elementary Grades
Be The Best You Can Be! Educational Activities Book	Elementary Grades
Bee Drug-Free: Learning & Activity Fun Sheet	Elementary Grades
Being Me & Drug-Free	Lower Elementary Grades
El Emocionante Mundo Del Cerebro: Un Libro Para Colorear Con Actividades Para Niños De 8 A 12 Años	Upper Elementary Grades
Keep Away From Gangs	Lower Elementary Grades
Know What? Bullying Hurts!	Elementary Grades
Let's Learn About Crime Prevention: A Parent-Child Learning Activities Book	Lower Elementary Grades
Let's Learn About Using The Internet Safely	Upper Elementary Grades
Los Cuerpos Sanos No Necesitan Drogas	Upper Elementary Grades
Mi Libro De Cuando Mi Papa O Mama Militar Tiene Que Irse	Lower Elementary Grades
Military Families Are Special	Elementary Grades
My Book About Violence	Lower Elementary Grades
No Smoking	Elementary Grades
No Smoking Or Vaping: A Coloring And Activities Book	Elementary Grades
Physical Abuse Is Never OK!	Elementary Grades
Sad, Mad, Happy Men: Getting to Know Your Feelings	Elementary Grades
Say No To Bullying & Yes To Getting Along	Elementary Grades
Ser Tú Mismo Y Libre de Vapeo! Libro De Aprendizaje Y Actividades	Lower Elementary Grades
Tenemos Sentimientos!	Pre-School Children
Tu Cuerpo Te Pertenece A Ti!	Elementary Grades
Until Your Parent Comes Home Again: A Coloring & Activities Book About Deployment	Elementary Grades
We Are A Proud Military Family!	Elementary Grades
When Someone You Love Dies	Lower Elementary Grades
Why Animals Don't Smoke: Activity And Coloring Book	Elementary Grades
Your Body Belongs To You!	Elementary Grades

### Alcohol

21 Reasons Not To Give Alcohol To Teens	General
50 Cosas Que Debe Saber Sobre El Alcohol	General
50 Things You Should Know About Alcohol	General
50 Things You Should Know About Binge Drinking & Alcohol Poisoning	Adolescents
About Preventing Teenage Alcohol Use	General
Alcohol & Older Adults: 10 Things You Should Know	Older Adults
Alcohol & Your Mental Health	General
Alcohol Screening And Brief Intervention For Youth: A Practitioners' Guide	General
Alcohol Self-Test: Thinking About Drinking?	General
Alcohol: What's Right For You?	Older Adults
Binge Drinking	General
Bored, Angry, Lonely, Stressed, Rejected: Alcohol Is Not The Answer	Adolescents
Cómo el Alcohol Afecta el Cuerpo (Hígado, Cerebro, Pulmones y Otras Partes del Cuerpo)	Adolescents
Consejos Para Adolescentes: Consumo De Alcohol En Menores De Edad	Adolescents
Drink Smart: Don't Binge	General
Drinking & Sex	General
Drinking Facts	General
Drinking to Disaster: Binge Drinking	General
Drinking: What's Normal, What's Not	General
Haga La Diferencia: Hable Con Sus Hijos Sobre El Uso Del Alcohol	General
Harmful Interactions: Mixing Alcohol With Medicines	General
How Alcohol Affects Athletic Performance (K-fold Card)	Adolescents
How Alcohol Affects Your Body: Liver, Brain, Lungs & Other Body Parts	Adolescents
How Alcoholism Affects The Family	General
How To Say No To Alcohol: & Still Have A Good Time	Adolescents
How To Tell If You Have A Problem With Alcohol	General
Lo Que Debes Saber Sobre El Alcohol	General
Make A Difference: Talk To Your Child About Alcohol	General
Older Adults and Alcohol	Older Adults
Sex, Alcohol & Your Right To Say No	General
The Alcohol & Binge Drinking Quiz	Adolescents

The Dangers Of Binge Drinking	General
The Health Consequences of Alcohol	General
Tratamiento del Alcoholismo: Cómo Buscar y Obtener Ayuda	General
Treatment For Alcohol Problems: Finding & Getting Help	General
Underage Drinking At Your Home: An Adult's Legal Risks	General
Underage Drinking: Myths Versus Facts	General
What You Need To Know About Alcohol	General
What's A Drink?	General
Women & Drinking: Is There A Problem?	General

### Amphetamine / Methamphetamine

Consejos Para Adolescentes: La Realidad Sobre La Metanfetamina	Adolescents
Meth	General
Mind Matters: The Body's Response To Methamphetamine	Adolescents
Tips For Teens: The Truth About Methamphetamine (Meth)	Adolescents

### Anabolic Steroids

Consejos Para Adolescentes: La Realidad Sobre Los Esteroides Anabólicos	Adolescents
Tips For Teens: The Truth About Anabolic Steroids	Adolescents

### Bullying / Cyberbullying

10 Tips To Help Stop Bullying	General
25 Cosas Que Todos Deben Saber Acerca De La Intimidación	Adolescents
Bullying: Not Cool In Any School	Middle School Students
La Prevencion De La Intimidacion: Informacion Para Padres	General
Online Or Offline: What Can You Do About Bullying?	Adolescents
Preventing Bullying: Information For Parents	General
Respecting Others: Stopping Anti-Gay Bullying & Violence	Adolescents
Teens & Bullying: Take a Stand	Middle School Students
The Truth About Bullying: It Hurts Everyone	Adolescents

### Child Abuse

About Child Sexual Abuse	General
About Emotional Abuse And Neglect Of Children	General
About Incest	General
About Preventing Child Abuse	General
Child Abuse: We Can All Help Prevent It/¡El Maltrato Infantil: Todos Podemos Ayudar A Prevenirlo!	General
My Body Belongs To Me	Elementary Grades
Sobre El Abuso Sexual Infantil	General

### Club Drugs

Ecstasy & Other Club Drugs	General
Know the Dangers Of Ecstasy & Other Club Drugs	General
The Truth About Ecstasy & Molly: Anything But Safe	Adolescents

### Cocaine / Crack

Consejos Para Adolescentes: La Realidad Sobre La Cocaína	Adolescents
How Cocaine Affects Your Body	General
Mind Matters: The Body's Response To Cocaine	Adolescents
Tips For Teens: The Truth About Cocaine	Adolescents
What You Need To Know About Cocaine	General

### Conflict Resolution

Dealing With Conflicts Without Violence	Adolescents
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### Decision-Making / Coping Skills

138 Ways To Beat The High Cost Of Living	General
Building Resilience and Hope During Stressful Times	General
Los Adolescentes Y Las Opciones Sanas: Como Mantener La Presion Positiva	Adolescents
Resiliencia y Esperanza en Momentos Dificiles	General

### Depression

10 Things Everyone Should Know About Depression	General
Anxiety & Depression 101: What Students Need To Know	College Students
Children & Depression: Learn The Facts	General
Chronic Illness and Mental Health: Recognizing and Treating Depression	General
Cómo Manejar La Depresión	General
Dealing With Depression	General
Depresión	General
Depresión Posparto: Mas Que Un "Bajon" Despues Del Parto	General
Depression In Women: 5 Things You Should Know	General
Entender La Depresion	General
Esperanza Y Ayuda Para La Depresión: Manual Practico De Salud (limit 10)	General
Exercise & Depression: 10 Things You Should Know	General
Help On The Way: Depression	General
La Depresión En La Adolescencia	General
La Depresión En Las Mujeres: 5 Cosas Que Usted Debe Saber	General
Las Enfermedades Crónicas Y La Salud Mental: Cómo Reconocer Y Tratar La Depresión	General
Los Hombres Y La Depresión	General
Men & Depression	General
Men & Depression: Take Charge	General
Older Adults and Depression	General
Perinatal Depression	General
Postpartum Depression: More Than The "Baby Blues"	General
Understanding Depression	General
Understanding Loneliness and Social Isolation	Older Adults

### Disaster / Trauma

After A Disaster: 6 Tips For Coping With Stress	General
Cómo Ayudar A Los Niños Y Adolescentes A Superar Los Acontecimientos Catastróficos Y Otras Experiencias Traumáticas	General
Helping Children and Adolescents Cope With Disasters and Other Traumatic Events	General
Traumatic Events: Helping Your Child Cope	General

### Domestic Violence

About Alcohol, Other Drugs & Family Violence	General
Cycle of Violence	General
Dating And Violence: How To Tell If A Relationships Is Abusive	General
Does Your Partner Hurt You? Le Lastima Su Pareja?	General
El Ciclo De Violencia	General
Emotional Abuse	General

Intimate Partner Violence: What It Is And What You Can Do About It	General
Violencia De Pareja: Que Es Y Que Puede Hacer Al Respeto	General

### DWI / Distracted Driving

Drinking & Driving	General
Drinking and Driving: How To Save Your Friend's Life (And Your Own)	Adolescents
Drinking, Drugs & Driving: 8 Things Everyone Should Know	General
Marijuana & Driving: Doped Up & Dangerous	General
Marijuana & Driving: Driving High Is Illegal	General
Marijuana, Other Drugs, And Driving: Understanding The Dangers/La Marihuana y Otras Drogas y Manejar: Entender los Peligros	General

### Eating Disorders

37 Things You Should Know About Eating Disorders	General
Los Trastornos De La Alimentación: Un Problema Que Va Más Allá De La Comida	General

### Gambling

Brain Biology (English)	General
Brain Biology (Spanish)	General
What About You (English)	General
What About You (Spanish)	General
Choices and Guidelines Booklet	General
Know the Risks	General
Juegos De Azar: Decisiones Y Pautas: Cuales Son Los Riesgos Y Beneficios	General

### Grief / Loss

Acerca De La Aflicción	General
Cómo Ayudar A Su Hijo(a) A Sobrellevar El Duelo (Limit 10)	General
Helping Your Child Grieve	General
Moving Through Grief & Loss	General

### Hallucinogens

Consejos Para Adolescentes: La Realidad Sobre Los Alucinógenos	Adolescents
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### Health / Wellness

7 Tips for Managing Chronic Pain	Older Adults/General
25 Healthy Resolutions For Every Day Of The Year	General
25 Healthy Ways to Lose Weight (And Keep It Off)	General
25 Ways To Get A Better Night's Sleep	General
50 Cosas Que Todas Las Mujeres Embarazadas Deben Saber	General
50 Great Reasons To Exercise	General
50 Things Every Caregiver Should Know: tips To Make Your Job Easier	Older Adults
50 Things Every Pregnant Woman Should Know: Tips For A Healthy Pregnancy	General
Creando Una Vida Más Saludable: Guía Paso A Paso Para Lograr El Bienestar	General
Creating A Healthier Life: A Step-By-Step Guide To Wellness (Limit 10)	General
Fitness Facts: Get Moving For Better Health	General
Healthy Aging: 10 Things To Do (5 To Avoid)	Older Adults
Lo Que Todo El Mundo Debe Saber Sobre La Higiene Personal	General
Maximizing Memory: Exercise Your Brain	Older Adults
Participating In Activities You Enjoy: More Than Just Fun & Games	Older Adults
Personal Hygiene: Clean Feels Great!	Middle School Students
Sleep & Your Mental Health	General
Wellness: Good Health For Life	General
What Everyone Should Know About Personal Hygiene	General
Why Should I Exercise? A Guide For Teens	Adolescents

### Heroin

Consejos Para Adolescentes: La Realidad Sobre La Heroína	Adolescents
Heroin & Harm Reduction	General
Heroin & Other Opiates: Keeping Tabs On A Drug Epidemic	General
Heroin & Other Opiates: Risky In Any Form	Adolescents
How Heroin Affects Your Body	Adolescents
Lo Que Debes Saber Sobre La Heroína	General
Tips For Teens: The Truth About Heroin	Adolescents
What You Need To Know About Heroin	General

### HIV / AIDS

A Teen's Guide To HIV & AIDS	Adolescents
Get Informed Not Infected: HIV & Other STDs	Middle School Students
Giving Your Child The Facts About HIV & AIDS: Preschool-High School	General
HIV Facts	General
Is PrEP For You? Using PrEP To Prevent HIV	General
Las Mujeres Y El VIH	Women
Las Mujeres Y La Ansiedad	Women
¿Le Serviría La PrEP? Uso De La PrEP Para Prevenir El VIH	General
Lowering Your Risk For HIV With PrEP (Pre-exposure Prophylaxis: Self-Care Handbook)	General
Older Adults & HIV	Older Adults
VIH	General
Women and HIV	Women

### Infectious Diseases

Hand Washing To Avoid Colds, Flu and Other Infections	General
Hepatitis ABCs	General
Hepatitis B	General
Hepatitis C	General

### Inhalants

Consejos Para Adolescentes: La Realidad Sobre Los Inhalantes	Adolescents
Mind Matters: The Body's Response To Inhalants	Adolescents
Tips For Teens: The Truth About Inhalants	Adolescents

### Internet / Social Media

11 Tips For Your Child's Online Safety	General
Cyberbullying	Adolescents
Cyberbullying: Help Make Cyberspace Safe	Middle School Students
Cyberbullying: Revealing The Invisible Enemy	Adolescents
Heads Up: Stop Think Connect	Adolescents
Internet Safety For Young People	Adolescents
Intimidación Cibernética: Proteja A Su Hijo(a)	General
Net Cetera: Como Charlar Con Sus Hijos Sobre Su Comportamiento En Linea	General
¡Presta Atención! Para Piensa Conéctate	Adolescents

Sexing: Srsly Risky!	Adolescents
Social Networking: 10 Things Teens Should Know	Adolescents
Tech Confidential: What To Know Before You Hit Send	Adolescents
Teens & Cyber Bullying: It's A Big Deal	Middle School Students

### Marijuana

Cannabidiol (CBD): Trend Or Treatment?	General
Consejos Para Adolescentes: La Realidad Sobre La Marihuana	Adolescents
Datos Sobre La Marihuana: 41 Cosas Que Debe Saber	General
Edible Marijuana: 10 Things You Need To Know	General
How Cannabis Affects Athletic Performance (K-fold Card)	Adolescents
How Marijuana Affects Your Body And Brain	General
How To Quit Marijuana	General
I Won't Smoke Marijuana Because	Adolescents
Legalized Marijuana: Making Smart Choices	General
Lo Que Debes Saber Sobre La Marihuana	General
Marijuana: 9 Things Everyone Needs To Know	Adolescents
Talking To Your Kids About Marijuana	General
Talking With Your Teen About Marijuana: Keeping Your Kid Safe	General
The Brain-Scrambling Marijuana Quiz	Adolescents
Vaping Marijuana: Know The Risks	General
What You Need To Know About Marijuana	General

### Media / Ads

Five Ways Tobacco Companies Try to Trick You	Adolescents
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### Mental Health / Mental Health Disorders

10 Things Everyone Should Know About Generalized Anxiety Disorder	General
10 Things Everyone Should Know About Obsessive -Compulsive Disorder	General
10 Things Everyone Should Know About Schizophrenia	General
25 Things You Should Know About Mental Illness	General
About Borderline Personality Disorder	General
About Dual Diagnosis	General
About Obsessive-Compulsive Disorder	General
About Panic Disorder	General
About Post-Traumatic Stress Disorder	General
About Your Child's Emotional Health	General
Alzheimer's Disease: 10 Ways To Lower Your Risk	Older Adults
Anxiety Disorders: Treatment Can Help You Feel Better	General
Attention-Deficit / Hyperactivity Disorder: What You Need to Know	General
Atención De La Salud Mental: Qué Es, Cómo Puede Ayudar Y Dónde Encontrarla	General
Bipolar Disorder	General
Bipolar Disorder In Children and Teens	General
Borderline Personality Disorder	General
Cómo Lidar Con La Ansiedad	General
Cómo Sanar Del Trauma	General
Cómo Vencer El PTSD (Trastorno De Estres Postraumatico)	General
Comprender el TEPT y el envejecimiento	Adults
Co-Occurring Disorders: Keeping Tabs On Mental Illness & Substance Abuse	General
Dealing With Anxiety	General
El Trastorno Bipolar En Los Niños Y Los Adolescentes	General
Entendiendo el TEPT: Guia Para Familiares y Amigos	General
Entendiendo el TEPT y el tratamiento para el TEPT	Adults
Emotional Fitness: 8 Tips For A Stronger You	General
Emotional Health: What Every Parent Should Know	General
Generalized Anxiety Disorder: When Worry Gets Out of Control	General
Good Mental Health Is Ageless	Older Adults
Great Dream: 10 Keys To Happier Living	General
Healing From Trauma	General
Help On The Way: Anxiety	General
Help On The Way: Bipolar Disorder	General
How To Help A Loved One With A Mental Illness	General
La Buena Salud Mental No Tiene Edad	Older Adults
La Esquizofrenia	General
La Salud Emocional: Lo Que Todos Los Padres Deben Saber	General
La Salud Mental Y El Estigma	General
Mental Fitness: Being Emotionally Healthy In A Stressful World	General
Mental Health And Stigma	General
Mental Health Care: What It Is, How It Can Help, And Where To Find It	General
Mental Illness: Share Facts, Not Myths	General
Mental Illness: What Everyone Should Know	General
Mental Illnesses: They're Treatable Conditions	General
Obsessive-Compulsive Disorder: When Unwanted Thoughts Or Repetitive Behaviors Take Over	General
Overcoming PTSD (Post-Traumatic Stress Disorder)	General
Panic Disorder: When Fear Overwhelms	General
Post-Traumatic Stress Disorder	General
PTSD: Break Free From Traumatic Memories	General
PTSD Treatment Decision Aid: Clinician User Guide	Professionals
Schizophrenia	General
Self-Harm & Cutting; Self-Injury: What You Need To Know	Adolescents
Social Anxiety Disorder: More Than Just Shyness	General
Teens & Self-Injury: What Parents & Teachers Need To Know	General
Trastorno Bipolar	General
Trastorno De Ansiedad Social: Más Allá De La Simple Timidez	General
Trastorno De Pánico: Cuando El Miedo Agobia	General
Trastorno Límite De La Personalidad	General
Trastorno Obsesivo-Compulsivo	General
Trastorno Por Estrés Postraumático	General
Understanding Alzheimer's Disease	Older Adults
Understanding Anxiety Disorders	General
Understanding Bipolar Disorder	General
Understanding PTSD: A Guide For Family And Friends	General
Understanding PTSD and Aging	Older Adults
Understanding PTSD and PTSD Treatment	General
What Everyone Should Know About Mental Health in Later Years	Older Adults
When You Feel Lonely	General
You Can Manage Bipolar Disorder: A Self-Care Handbook (limit 10)	General

### Military Issues

Alcohol & Combat Stress: Facts For You/What Families Can Do	General
Learn About Deployment	General
Post-Traumatic Stress Disorder: Information For Military Families & Friends	General
Preparing For Reunion	General
Stress Management For Military Members	General

**Nutrition**

30 Easy Ways To Eat Healthier	General
Eat Smart: Get The MyPlate Habit	Upper Elementary Grades
Healthy Eating On A Budget	General
MIPlato: Dentro de un presupuesto	General
MIPlato: ¡Háqalo A Su Manera!	General
My Plate: Do It Your Way!	General
My Plate On A Budget: Smart Choices Save Time & Money	General
Nutrition & Your Mental Health	General
What's On Your Plate	General

**Parenting**

10 Consejos Para La Crianza Diaria Y Efectiva De Los Hijos	General
10 Consejos Para Los Abuelos Que Crian A Sus Nietos	General
10 Tips For Effective Daily Parenting	General
10 Tips For Grandparents Raising Grandchildren: Count The Ways	General
12 Consejos Para La Disciplina Positiva	General
12 Consejos Para Padres Que Crian Solos A Sus Hijos	General
12 Tips For Positive Discipline	General
12 Tips For Succeeding As A Single Parent	General
50 Cosas Que Puede Hacer Para Mantener A Su Bebe Sano Y Fuera De Peligro	General
50 Cosas Que Puede Para Mantener Seguro A Su Hijo	General
50 Things You Should Know About Being A Dad	General
50 Things You Can Do To Help Your Child Stay Healthy	General
50 Things You Can Do to Keep Your Baby Safe and Healthy	General
50 Things You Can Do To Keep Your Child Safe	General
9 Ways To Help Your Child Make Responsible Choices	General
About Blended Families	General
Anger & Parenting: Keeping Your Children Safe	General
Anger Management For Parents: A Parent's Handbook (limit = 10)	General
Ayuda A Su Hijo A Comer Bien Y A Ser Activo	General
Co-parenting: Tips To Make It Work	General
Criar A Los Hijos Con Amor	General
Disciplina Positiva Para Su Adolescente: Manual Para Padres (limit 10)	General
Disciplinar A Los Niños Con Amor De 1 A 5 Años De Edad: Manual Para Padres (limit 10)	General
Disciplinar A Los Niños Con Amor Edades 6 A 12: Manual Para Padres (limit 10)	General
Encouraging Regular School Attendance	General
Fomentar La Asistencia Regular A La Escuela	General
Helping Your Child Eat Right & Be Active	General
La Asistencia De Los Estudiantes: Lo Que Los Padres Deben Saber	General
Loving Discipline For Children Ages 1-5: A Parent's Handbook (limit 10)	General
Loving Discipline For Children Ages 6-12: A Parent's Handbook (limit 10)	General
Manejo De La Ira Para Padres: Manual Para Padres	General
New Dad Tips	General
New Mom Tips	General
Padres, Hijos Y El Ausentismo Escolar	General
Parenting With Love	General
Positive Discipline For Your Teen: A Parent's Handbook (limit 10)	General
Student Attendance: What Parents Need To Know	General
Understanding Adverse Childhood Experiences	General
Your Child's Social And Emotional Development Birth to Age 6: A Parent's Handbook (limit 10)	General

**Prenatal Alcohol / Drug Exposure**

10 Best Reasons Not To Smoke While You're Pregnant	Pregnant Women
10 Reasons Not To Smoke While Pregnant/Las Diez Razones Para No Fumar	Pregnant Women
Alcohol and Pregnancy / El Alcohol y el Embarazo	Pregnant Women
Alcohol And Pregnancy: Ten Best Reasons Not To Drink	Pregnant Women
An Alcohol-Free Pregnancy Is The Best Choice For Your Baby	Pregnant Women
Drugs and Pregnancy /	
Drug Use & Pregnancy	Pregnant Women
Drug Use and Pregnancy: Ten Things You Should Know	Pregnant Women
Drugs & Pregnancy / Las Drogas Y El Embarazo	Pregnant Women
El Alcohol Y El Embarazo: Las Diez Mejores Razones Para No Beber	Pregnant Women
Las Diez Mejores Razones Para No Fumar Mientras Está Embarazada	Pregnant Women
Las Drogas, Las Medicinas Y El Embarazo: Diez Cosas Que Debe Saber	Pregnant Women
Marijuana And Pregnancy	Pregnant Women
Pregnancy & Alcohol: When A Pregnant Woman Drinks, She Puts Her Unborn Baby At Risk	Pregnant Women
Pregnancy & Marijuana: Using Marijuana When You're Pregnant Is Risky	Pregnant Women
Smoking and Pregnancy / El Fumar y el Embarazo	Pregnant Women
Your Mommy Years: Living Healthy, Healthy Smart / Sus Años De Mama Vivir Sabia Y Saludablemente	Pregnant Women

**Prescribed / OTC Medications**

A Guide To Prescription Medications For Mental Health	General
Como Usar Los Medicamentos	General
Consejos Para Adolescentes: La Realidad Sobre Los Estimulantes Recetados	Adolescents
Consejos Para Adolescentes: La Realidad Sobre Los Opioides	Adolescents
Consejos Para Adolescentes: La Realidad Sobre Los Sedantes	Adolescents
How to Manage Your Medications	Older Adults
La Adicción A Opioides: Lo Que Todos Deben Saber Sobre El Tratamiento Y La Recuperación	General
Lo Que Debes Saber Sobre Los Medicamentos Recetados	General
Lo Que Debes Saber Sobre Los Opioides Analgesicos Recetados	General
Los Riesgos De Los Opioides: Lo Que Todos Deben Saber	General
Los Peligros Del Abuso De Medicamentos Recetados	Adolescents
Managing Medications	Older Adults
Medication Drop-Box Program: Local Disposal Of Unused, Unwanted Or Expired Medications	General
Medications: Managing Them Well	Older Adults
Medicines: Use Them Safely	Older Adults
Mind Matters: The Body's Response To Opioids	Adolescents
Mind Matters: The Body's Response To Prescription Stimulants	Adolescents
Naloxona: Lo Que Debe Saber	General
Naloxone: What You Need To Know	General
Opioid Addiction: What Everyone Should Know About Treatment & Recovery	General
Opioid Misuse & Overdose: What Friends & Family Need To Know	General
Opioids & Pain Management: Keeping Tabs on the Risks, Benefits and Alternative	General
Opioids: Facts Parents Need To Know	General
Opioids For Pain Management	General
Prescription Drug Abuse: A Dose Of Trouble	Adolescents
Prescription Drug Abuse: Get The Facts	Adolescents
Preventing Teen Cough Medicine Abuse: A Parent's Guide	General
Safe Use of Medicines: Take Your Medicines The Right Way - Each Day!	Older Adults
Talking With Your Child About Opioids: Keeping Your Kid Safe	General
The Dangers of Mixing Opioids & Alcohol	General

The Dangers Of Over-the-Counter Drug Abuse	General
The Risks of Benzos: What Everyone Should Know	General
The Risk Of Prescription Drug Abuse	Adolescents
The Risks of Opioids: What Everyone Should Know	General
Tips For Teens: The Truth About Prescription Stimulants	Adolescents
Tips For Teens: The Truth About Sedatives	Adolescents
Uso Indebido Y Sobredosis De Opioides: Lo Que Amigos Y Familiares Necesitan Saber	General
What You Need To Know About Opioids: Prescription Painkillers	General
What You Need To Know About Prescription Drugs	General

### Recovery / Relapse

About Recovery	General
Codependency: You Can Break Free	General
Opioid Use Disorder: Dealing With Relapse	General
Recovering From Addiction: You Can Do It!	General
Sobre La Codependencia	General
What You Should Know About Addiction Relapse	General

### Relationships

9 Signs Of A Healthy Relationship	General
9 Ways To Be A Good Friend	Adolescents
25 Ways To Keep Your Relationship Strong	General
About Communication Skills	General
Dealing With Money In A Relationship	General
Developing Cultural Competencies	Professionals
Getting What You Want From Relationships	General
Relationship Check: Healthy Or Un?	Adolescents
Understanding Diversity & Ourselves	General
What Every Family Should Know About Getting Along At Home	General
When Couples Fight: And What They Can Do About It	General
When Your Loved One Resists Care	General

### Sedatives

Xylazine: What You Need To Know	General
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### Self-Esteem

Building Your Self-Esteem: Helping Yourself	General
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### Self-Help

A Brief Guide To Alcoholics Anonymous	General
A Guide For The Family Of The Alcoholic	General
Es AA para Usted? 12 Preguntas Que Solo Usted Puede Contestar	General
Hay Un Alcohólico En Su Vida?	General
Is There An Alcoholic In Your Life?	General
So You Love An Alcoholic	General
Una Breve Guia A Alcoholicos Anonimos	General
What Do YOU Do About The Alcoholic's Drinking?	General
Young People And A.A.	Adolescents
Youth And The Alcoholic Parent	Adolescents

### Sex / Sex Health / Orientation

10 Good Reasons Not To Be A Teenage Parent	Adolescents
50 Things You Should Know Before You Have Sex	Adolescents
A Teen's Guide To STIs	Adolescents
Being Lesbian, Gay or Bisexual	General
I Think I Might Be Asexual: Now What Do I Do?	Adolescents
I Think I Might Be Bisexual: Now What Do I Do?	Adolescents
I Think I Might Be Gay: Now What Do I Do?	Adolescents
I Think I Might Be Lesbian: Now What Do I Do?	Adolescents
I Think I Might Be Transgender: Now What Do I Do?	Adolescents
S.E.X. - You And Others: Accepting Your Feelings And Respecting Others	Adolescents
Sex, Communication and Respect	Teens
Sexual Pressure & The Media: What You Need To Know	Adolescents
Si Significa Sí: Qué Es El Consentimiento Afirmativo?	General
STD Facts	General
STIs, Alcohol, and Other Drugs	Adolescents
Talking To Adolescents About Sex	General
Transgender: Understanding Gender Differences	General
What Does It Mean To Be Gay, Lesbian, Bisexual or Transgender?	Adolescents
What Is Consent? Preventing Sexual Assault	General
Yes Means Yes: What Is Affirmative Consent?	General

### Sexual Violence

Alcohol, Drugs & Sexual Assault	General
Date And Acquaintance Rape: Facts For Men And Women	General
Sexual Assault: What Every Service Member Should Know	Military
Sexual Assault: What Everyone Should Know	College Students

### Stress

12 Maneras De Vencer El Estrés	General
12 Ways to Beat Burnout	General
50 Cosas Que Debe Saber Sobre El Estrés (Y Lo Que Puede Hacer Para Reducirlo!)	General
50 Things You Should Know About Stress (And What You Can Do To Lower It!)	General
Coping With Change: How To Manage The Stress Of Change	General
Digital Stress (What It Is And How To Deal With It)	General
El Estrés Y La Crianza De Los Niños	General
Exercise & Stress: When You Feel Stressed, Exercise Your Stress Away	General
How To Deal With Stress (Without Using Alcohol Or Other Drugs)	Adolescents
La Atención Plena: Consejos Para Reducir El Estrés Y La Ansiedad	General
Practicing Gratitude During Stressful Times	General
Relajación Para Una Mejor Salud: Manual Practico De Salud (limit 10)	General
Relief From Stress	General
Stress & Parenting	General
Stress & Worry: What Young People Want To Know	Adolescents
Stress 101: How To Be A Student & Still Have A Life	College Students
Teen Stress & Ways to Handle It	Middle School Students
The Benefits Of Practicing Compassion	General

### Substance Use Disorders

10 Ways Drugs Can Mess With Your Life	Adolescents
36 Cosas Que Todos Deben Saber Sobre La Adicción	General
36 Things Everyone Should Know About Addiction	General
37 Hechos Sobre Las Drogas Que Dan Susto Pero Son Ciertos	Adolescents

About Multiple Substance Abuse	General
Addiction & Families: Helping A Loved One	General
Alcohol & Other Drugs: Tips For Concerned Parents	General
Alcohol, Other Drugs, and Risk-Taking - What Young People Should Know	Adolescents
Drug Facts	General
How Substance Abuse Hurts Your Body: A Chart Of Harmful Effects	General
Knowledge Is Power: Refuse To Use: Alcohol, Tobacco, Marijuana	Adolescents
La Adiccion Y Las Familias: Ayudar A Un Ser Querido	General
Mind Matters: Drugs And The Brain	Adolescents
The Truth About Drugs	General

### Substance Use Prevention

10 Ways To Help Your Child Avoid Drugs	General
101 Ways To Get High Without Drugs: Ideas For Having Fun Naturally	Adolescents
Drugs: Talking With Your Teen	General
Helping Young People Say No To Alcohol	General
Keeping Youth Drug Free (Booklet - Limit 10)	General
Preventing Drug Use: 10 Tips For Parents & Other Adults	General

### Suicide

About Suicide	General
About Suicide Among Young People	Adolescents
Coping With Suicide: Support For Families And Friends	General
Frequently Asked Questions About Suicide	General
La Prevencion Del Suicidio: Optar Por Vivir	General
Preguntas Frecuentes Sobre El Suicidio	General
Preventing Suicide: Choosing To Live	General
Sobre El Suicidio Entre La Gente Joven	General
Suicide & Depression: What You Need To Know	Adolescents
Suicide Talk! What To Do If You Hear It	Middle School Students
Suicidio Y Depression: Lo Que Debes Saber	Adolescents

### Synthetic Drugs

Acetyl Fentanyl: Powerfully Potent Killer	General
Herbal Incense: Fake Marijuana	General
Los Riesgos Del Fentanilo Y Las Pastillas Falsas	General
Mind Matters: The Body's Response To K2/Spice And Bath Salts	General
The Dangers Of Fentanyl & Other Synthetic Opioids	General
The Risks Of Fentanyl & Fake Pills	General

### Tobacco / 2nd Hand Smoke

El Humo De Segunda Mano: Asma, Cancer Y Otros Riesgos De Salud	General
Secondhand Smoke Asthma, Cancer And Other Health Risks	General
Secondhand Vaping & Other Risks Of E-Cigarettes	General
The Health Consequences Of Secondhand Smoke	General
Third-hand Smoke: What It Is & How It Hurts Your Family	General

### Tobacco / Cessation

Dejar de Fumar: Problemas Comunes, Buenas Soluciones	General
How To Help A Friend Or Family Member Quit Smoking	General
How To Quit Vaping	General
Los Diez Pasos Principales Para Dejar De Fumar	General
Quitting Smoking: Common Problems, Good Solutions	General
Teen's Guide To Quitting Smoking	Adolescents
Women & Smoking: 10 Great Reasons To Quit	Women

### Tobacco / E-Cigarettes

50 Things You Should Know About Tobacco	General
Como Afecta Tu Cuerpo El Tabaco	General
Consecuencias Para La Salud Por Fumar	General
Consejos Para Adolescentes: La Realidad Sobre El Uso De Tabaco	Adolescents
Consejos Para Adolescentes: La Realidad Sobre Los Cigarrillos Electronicos	Adolescents
E-cigarettes: 8 Things Everyone Should Know	General
How Tobacco Affects Your Body: Heart, Lungs, Brain, Throat, Skin & Other Body Parts	Middle School Students
How Vaping Affects Athletic Performance	Adolescents
How Vaping Affects Your Body	Adolescents
La Verdad Sobre Vaporizadores, Los E-Cigarrillos Y Hookahs Pluma	Adolescents
LGBTQ Community & Tobacco: What You Need To Know	General
Los Cigarrillos Electronicos: 8 Cosas Que Todos Deben Saber	General
Los Vaporizadores de Cartucho: Dispositivo Pequeño, Problemas Grandes!	General
Myths About Smoking: No Safe Tobacco	Adolescents
Pod Vapes: Little Device, Big Problems!	General
Signs And Symptoms Of Vaping Addiction Fact Sheet	Adolescents
Talking With Your Teen About Vaping: Keeping Your Kid Safe	General
The Health Consequences of Smoking	General
The Truth About Vaping, E-Cigs & Hookah Pens	Adolescents
The Vaping Quiz	Adolescents
Tobacco Facts	Adolescents
Tobacco, Pipes & Hookahs	General
Vaping & E-Cigarettes: 8 Things Every Parent Should Know	General
Vaping & Preanancy	General
Vaping, Smoking & Your Mental Health	General
What Parents Should Know About Teens & Smoking	Parents
Your Brain & Vaping Nicotine	Adolescents

### Tobacco / Smokeless

The Health Consequences of Spit Tobacco	Adolescents
Nicotine Pouches	General

### Treatment

Lo Que Debes Saber Sobre El Tratamiento Para Los Opioides	General
Opioids And MAT (Medication-Assisted Treatment)	General
Opioides Y El Tratamiento Asistido Por Medicamentos	General
What You Need To Know About Opioid Treatment	General

### Violence

21 Things You Can Do To Prevent Violence In Your School & Your Neighborhood	Adolescents
El Manejo De La Ira: Manual Practico De Salud (Limit 5)	General
How to Express Anger Without Hurting Yourself or Others	Adolescents
Sobre La Ira	General
Standing Up For Each Other: Responding To Hate & Intolerance	General
The Truth About Anger	General
Tips To Help You Manage Anger	General



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## Alcohol

Alcohol: Cause & Effect
Strings: A Series Of Lifelines To Help Keep Kids Safe From Alcohol
Talk With Friends And Family About The Risks Of Drinking
The Twelve Steps Of Alcoholics Anonymous
Wise Up: Here's Where Kids Get Alcohol: Know The Source Then & Cut It Off

# POSTERS

## Amphetamines / Methamphetamines

Meth: Cause & Effect
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## Club Drugs

Molly: Cause & Effect
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## Depression

Four Things To Know About Depression And Older Adults
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## Gambling

Be A Winner! Don't Gamble With Your Family's Future
Lifeline For Problem Gamblers
Know the Risks Warning Signs (English)
Know the Risks Warning Signs (Spanish)
Know the Risks Responsible Gambling
Know the Risks Why it Matters (English)
Know the Risks Why it Matters (Spanish)
Know the Risks Before You Gamble

## Hallucinogens

Hallucinogens: Cause & Effect
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## Health / Wellness

Five Myths About Aging
5 Tips To Help You Stay Motivated To Exercise (Older Adults)
Las Manos Limpias Lo Mantienen Sano
Life Is Better With Clean Hands
Top 10 Health Tips: Great Way to Get & Stay Healthy

## HIV / AIDS

HIV Prevention: Communication Is Sexy
Prevención Del VIH: La Comunicación Es Sexy
HIV Prevention Is For Me And My Family
HIV Testing: A Good Way To Take Care Of Your Sexual Health
HIV Testing: Cuando Hablamos Más Se Vuelve Normal
HIV Testing: Get An HIV Test To Show You Care About Your Health - And His
HIV Testing: Getting An HIV Test Puts Me In Control
HIV Testing: I Want To Be In Control Of My Health
HIV Testing: Know Your Status
HIV Testing: Knowledge Is Power
HIV Testing: Saber Es Poder
HIV Testing: Testing Makes Us Stronger
HIV Testing: The More We Talk About It, The More It Becomes Normal
HIV Testing: We're Doing It
HIV Treatment: HIV Treatment Works
HIV Treatment: Living Well With HIV Means HIV Does Not Define Your Life

## Inhalants

Inhalants: Cause & Effect
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## Military Issues

Don't Spend a Lifetime Trying to Understand Your Trauma
How Can PTSD Treatment Help You?
How Common Is PTSD?
How to Choose the Right PTSD Treatment For You
How's Your Sleep?
PTSD: Help for Family and Friends
Things Change... Including Your PTSD Medication
What Is PTSD?

## Marijuana

Marijuana: Cause & Effect
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## Prenatal Alcohol / Drug Exposure

An Alcohol-Free Pregnancy Is The Best Choice For Your Baby
Pregnancy & Alcohol Don't Mix

## Prescribed / OTC Medications

Opioids: Cause & Effect
Over-The-Counter Medications: Cause & Effect
Safe Medicine Disposal
You're In Control: Using Prescription Medicine Responsibly

## Relationships

ALL Are Welcome Here
Aquí TODOS Son Bienvenidos
Pronouns Matter

## Self-Help

Change Your Words: Change Your Mindset
Let's Take A Mindful Minute

## Substance Use Disorders

12 Steps to Narcotics Anonymous
Just for Today
Los Doce Pasos De Narcoticos Anonimos
Oracion De La Serenidad

Serenity Prayer
Solo Por Hoy (AA/NA 12 Step Poster)
The Twelve Steps: Alcoholics Anonymous

### Substance Use Prevention

Bee Drug-Free
Count On Me To Be Drug-Free
Language Matters
Too Cool For Drugs
What Is Harm Reduction?

### Suicide

1 Word 1 Voice 1 Life: Be The One To Start The Conversation / 1 Palabra 1 Voz 1 Vida: Se El Primero En Iniciar La Conversacion
1 Word 1 Voice 1 Life: Small Steps
988 Suicide & Crisis Lifeline Young Woman
988 Suicide & Crisis Lifeline Older Couple
988 Suicide & Crisis Lifeline Young Woman (Spanish Language)
988 Suicide Warning Signs For Youth

### Synthetic Drugs

Synthetic Marijuana: Cause & Effect
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### Tobacco / 2nd Hand Smoke

When Someone Smokes Near Your Child, Your Child Smokes Too
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### Tobacco / Cessation

Countdown To Quitting: 4 Week Stop Smoking Calendar
Every Time You Finish A Pack Is A Chance To Become A Non-Smoker
If At First You Don't Succeed, Try, Try, Try Again
La Ultima Vez Que Dejé De Fumar, Estuve Más Cerca De Lograrlo
Last Time I Quit Smoking, I Got Closer To Finishing The Job
Dejar De Fumar Es Un Proceso
Dejar De Fumar Requiere Práctica. ¡Siya Intentándolo!
Dejar El Cigarrillo No Es Un Proceso Perfecto (LGBTQ)
Quitting Cigarettes Isn't A Perfect Process
Quitting Cigarettes Isn't A Perfect Process (LGBTQ)
Quitting Is A Process
Quitting Takes Practice. Keep Trying!
Usted No Fracasó En Su Intento De Dejar De Fumar. Simplemente Aún No Ha Terminado.
You Didn't Fail At Quitting. You Just Haven't Finished The Process.
You Didn't Fail At Quitting Smoking. You're Just Not Done Yet.

### Tobacco / E-Cigarettes

A Nicotine-Free Vape Is Not A Worry-Free Vape
Be Shareable: How Many Likes Do You Think This Would Get? Gum Disease and Tooth Decay
Be Shareable: How Many Likes Would This Get (Lung Cancer)
Be Shareable: How Many Likes Would This Get (Wrinkles)
Compártelo: Cuántos "Likes" Le Darías a Esto? (Arrugas Prematuras)
Compártelo: Cuántos "Likes" Le Darías a Esto? (Cáncer de Pulmón)
How A Cigarette Is Engineered
How Does Tobacco Affect Your Body?
If You Don't Think Vaping Is Addictive, It May Have Already Altered Your Brain
Leave Vapes In The Past For The Health Of Our Future (Indigenous Peoples)
Let Adventure Take Your Breath Away...Instead of Vaping (rock climbing)
Let Dance Take Your Breath Away...Instead of Vaping (dancing)
Let Dreams Take Your Breath Away...Instead of Vaping (basketball)
Let Excitement Take Your Breath Away...Instead of Vaping (rollercoaster)
Let Freestyle Take Your Breath Away...Instead of Vaping (singing/rapping)
Let Good Times Take Your Breath Away...Instead of Vaping (party)
Let Love Take Your Breath Away...Instead of Vaping (couples)
Let Playtime Take Your Breath Away...Instead of Vaping (puppy)
Let Silly Take Your Breath Away...Instead of Vaping (goofy faces)
Let The Moment Take Your Breath Away...Instead of Vaping (montage)
Native Strong, Vape-Free (Indigenous Peoples)
It's Not Cool To Juul
Quieres sentirte mas estresado? Eso te puede pasar si fumas
Quieres sentirte mas estresado? (SMALL SIZE)
So What If I Do? Cosmetic Health Consequences of Tobacco
So What If I Do? Cravings
Tobacco: Cause & Effect
Want to Feel Stressed Out? Smoking Can Make It Happen
We Won't Let Vaping Hurt Our Communities (Indigenous Peoples)
Y Qué Tal Si Lo Hago? (Consecuencias Cosméticas Para La Salud)
Y Qué Tal Si Lo Hago? (Mas Ganas)
Y Qué Tal Si Lo Hago? (Peligros Químicos Del Tabaco)

### Treatment

Sound Familiar? If you are taking anti-anxiety drugs for PTSD
Too Many Medications? PTSD, Tbi, Pain