When to Get Help

The decision to seek professional help for a child or teen can be difficult. Parents may first try to learn more about the child’s feelings or any problems they may be facing. It may also help to consult the child's teachers or other adults who know the child well.

Early intervention increases the chance of a better outcome. Casual or experimental use can quickly turn into abuse, dependence or addiction, and can lead to accidents, legal trouble and serious health issues. That’s why it’s imperative that you intervene as soon as your instinct tells you that something is wrong. If problems persist, seek help from a mental health professional trained in addiction. (AACAP)

Teens become addicted more easily than adults. Not all young people who try drugs will become addicted; however the earlier drug use begins the more likely it is to progress to serious problems. (NIDA)

Read more:
- Mental Health and Teens: Watch for Danger Signs
- Take Action
- When to Get a Psychiatric Evaluation
- When to Seek Help

***Alert***

If someone under the influence of alcohol or drugs does not respond:
- Call 911 or seek immediate medical attention.
- Never let them sleep it off. It could result in death.

If you suspect your teen is using alcohol or drugs—it’s time to act!
- Discuss your suspicions calmly when your teen is not under the influence.
- Clearly state your position.
- Listen to your teen, and keep in mind that he or she is in need of guidance.
- Set rules with consequences; be specific, firm, and follow through.
- Get help if you are unable to handle the problem alone.

Help is available- there is always hope!

Manatee County Substance Abuse Coalition
1112 Manatee Avenue West #504, Bradenton, FL 34205
(941) 749-3030 ext 3491 • www.drugfreemanatee.org