



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



CONNECTICUT
Mental Health & Addiction Services

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PAMPHLETS

Limit: 50 Pamphlets Per Month

Activity Books

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| 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 |
| Pressure To Drink Alcohol: A Guide To Saying No | Adolescents |
| Sex, Alcohol & Your Right To Say No | General |

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| 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

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|--|-------------|
| 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

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

Bullying / Cyberbullying

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|---|------------------------|
| 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

| | |
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| 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!/IEI Maltrato Infantil: Todos Podemos Ayudar A Prevenirlo! | General |
| My Body Belongs To Me | Elementary Grades |
| Sobre El Abuso Sexual Infantil | General |

Children of Substance Abusers

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| Children Of Alcoholics | General |
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Club Drugs

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| 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

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| 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

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

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| 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

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|---|------------------|
| 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 Postparto: 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

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|---|---------|
| 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

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| About Alcohol, Other Drugs & Family Violence | General |
| Cycle of Violence | General |

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| 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 Respetto | General |

DWI / Distracted Driving

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|---|-------------|
| 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: | General |
| Entender los Peligros | General |

Eating Disorders

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| 37 Things You Should Know About Eating Disorders | General |
| Eating Disorders: About More Than Food | General |
| Eating Disorders: What? Why? | General |
| Los Trastornos De La Alimentación: Un Problema Que Va Más Allá De La Comida | General |

Gambling

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|--|---------|
| 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

| | |
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| Acerca De La Afliccion | 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

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

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| 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 Mae 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

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| 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

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|--|------------------------|
| 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

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

Inhalants

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| 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 |

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|---|------------------------|
| 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 Línea | General |
| ¡Presta Atención! Para Piensa Conéctate | Adolescents |
| Sexting: Srsly Risky! | Adolescents |
| Social Media Safety: 10 Tips For Parents | General |
| 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 Facts: 41 Things You Should Know | Adolescents |
| Marijuana: 9 Things Everyone Needs To Know | Adolescents |
| Marijuana: Facts Parents Need To Know | General |
| Mind Matters: The Body's Response To Marijuana | Adolescents |
| Talking To Your Kids About Marijuana | General |
| Talking With Your Teen About Marijuana: Keeping Your Kid Safe | General |
| The Brain-Scrambling Marijuana Ouz | Adolescents |
| The Truth About Marijuana: A Wasted Life | Adolescents |
| Vaping Marijuana: Know The Risks | General |
| What You Need To Know About Marijuana | General |

Media / Ads

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

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|---|---------------|
| 10 Things Everyone Should Know About Bipolar Disorder | General |
| 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 |
| Breaking Free From Anxiety Disorders: Self-Care Handbook (limit 10) | General |
| Cómo Lidar Con La Ansiedad | General |
| Cómo Sanar Del Trauma | General |
| Cómo Vencer El PTSD (Trastorno De Estrés Postraumático) | 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: Guía 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 |

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| Understanding PTSD and Aging | OlderAdults |
| 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

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|---|---------|
| 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 |
| Suicide Thoughts & Combat Stress: Facts For You / What Families Can Do | General |

Nutrition

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|---|-------------------------|
| 30 Easy Ways To Eat Healthier | General |
| About Good Nutrition | General |
| Eat Smart: Get The MyPlate Habit | Upper Elementary Grades |
| Healthy Eating On A Budget | General |
| MIPlato: Dentro de un presupuesto | General |
| MIPlato: ¡Hágalo 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 |

Parenting

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| 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

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| 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

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|---|--------------|
| 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 |

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| 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

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| 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

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|---|---------------|
| 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

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

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

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|---|-------------|
| A Brief Guide To Alcoholics Anonymous | General |
| A Guide For The Family Of The Alcoholic | General |
| Asking For Help | 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 Guía A Alcohólicos Anónimos | 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

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|--|-------------|
| 10 Good Reasons Not To Be A Teenage Parent | Adolescents |
| 50 Things You Need To Know About STIs | General |
| 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 |
| 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

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|---|------------------|
| 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

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|--|-------------|
| 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 |
| 101 Stress Busters: Ideas For Dealing With Stress | 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 Hijos | General |
| Exercise & Stress: When You Feel Stressed, Exercise Your Stress Away | General |
| How Stress Affects Your Health (And What You Can Do About It!) | General |
| How To Deal With Stress (Without Using Alcohol Or Other Drugs) | Adolescents |

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| La Atención Plena: Consejos Para Reducir El Estrés Y La Ansiedad | General |
| Mindfulness: Tips For Reducing Stress & Anxiety | 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

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|---|-------------|
| 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 Clertos | Adolescents |
| About Multiple Substance Abuse | General |
| Addiction & Families: Helping A Loved One | General |
| Alcohol & Other Drugs: Tips For Concerned Parents | General |
| 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 Adicción Y Las Familias: Ayudar A Un Ser Querido | General |
| Mind Matters: Drugs And The Brain | Adolescents |
| The Truth About Drugs | General |

Substance Use Prevention

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|--|-------------|
| 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 Among Young People | General |
| Coping With Suicide: Support For Families And Friends | General |
| Frequently Asked Questions About Suicide | General |
| La Prevención 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

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| 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

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| 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

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|---|-------------|
| Beyond Willpower: Tools to Help You Quit Smoking | General |
| How Quitting Smoking Affects Your Body | General |
| 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

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|---|------------------------|
| 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 Electrónicos | 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-Cigarros 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 & Pregnancy | General |
| Vaping, Smoking & Your Mental Health | General |
| What Parents Should Know About Teens & Smoking | Parents |
| Your Brain & Vaping Nicotine | Adolescents |

Tobacco / Smokeless

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| The Health Consequences of Spit Tobacco | Adolescents |
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| Nicotine Pouches | General |
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Treatment

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| 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

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|---|-------------|
| 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 |

POSTERS

Alcohol

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| 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 |

Amphetamines / Methamphetamines

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| Meth: Cause & Effect |
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Club Drugs

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| Molly: Cause & Effect |
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Depression

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

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| 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

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| Hallucinogens: Cause & Effect |
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Health / Wellness

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| 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

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| 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

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| Inhalants: Cause & Effect |
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Military Issues

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| 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

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

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

Prescribed / OTC Medications

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

Relationships

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| ALL Are Welcome Here |
| Aqui TODOS Son Bienvenidos |
| Pronouns Matter |

Self-Help

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

Substance Use Disorders

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| 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

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

Suicide

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| 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

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

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

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| 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 Última 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. ¡Siga 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

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| 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

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