



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 DIRECTORY

Connecticut Clearinghouse

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www.ctclearinghouse.org



CONNECTICUT
Mental Health & Addiction Services

Limit: 50 Pamphlets Per Month; Per Person

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Activity Books

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Title	Target Audience
About Alcohol & Other Drugs: A Coloring & Activities Book	Elementary Grades
Bee Drug-Free: Learning & Activity Fun Sheet	Elementary Grades
Be A Better Buddy! Don't Be A Bully	Elementary Grades
Being Me & Drug-Free	Lower Elementary Grades
Color The World With Kindness	Elementary Grades
El Emocionante Mundo Del Cerebro: Un Libro Para Colorear Con Actividades Para Ninos De 8 A 12 Anos	Upper Elementary Grades
How Are You Feeling? All About Emotions	Elementary Grades
Keep Away From Gangs	Lower Elementary Grades
Let's Learn About Crime Prevention: A Parent-Child Learning Activities Book	Lower Elementary Grades
Los Cuerpos Sanos No Necesitan Drogas	Upper Elementary Grades
Mindfulness Matters	Elementary Grades
Mi Libro De Cuando Mi Papa O Mama Militar Tiene Que Irse	Lower Elementary Grades
My Body Belongs to Me / Mi Cuerpo Es Mio	Elementary Grades
My Book About Violence	Lower Elementary Grades
No Smoking Or Vaping: A Coloring And Activities Book	Elementary Grades
Physical Abuse Is Never OK!	Elementary Grades
Ser Tú Mismo Y Libre de Vapeo! Libro De Aprendizaje Y Actividades	Lower Elementary Grades
Smart Ways to Deal with Stress	Elementary Grades
Tenemos Sentimientos!	Pre-School Children
Tu Cuerpo Te Pertenece A Ti!	Elementary Grades
Una Buena Nutricion Comienza Con MiPlato	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

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Alcohol

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Title	Target Audience
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 & Your Mental Health	General
Alcohol Self-Test: Thinking About Drinking?	General
Alcohol Overdose: Warning Signs	General
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
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

Title	Target Audience
Consejos Para Adolescentes: La Realidad Sobre La Metanfetamina	Adolescents
Meth	General
Tips For Teens: The Truth About Methamphetamine	Adolescents

Anabolic Steroids

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

Bullying / Cyberbullying

Title	Target Audience
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

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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

Title	Target Audience
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!/iEl Maltrato Infantil: Todos Podemos Ayudar A Prevenirlo!	General
My Body Belongs To Me	Elementary Grades
Sobre El Abuso Sexual Infantil	General

Club Drugs

Title	Target Audience
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

Title	Target Audience
Consejos Para Adolescentes: La Realidad Sobre La Cocaína	Adolescents
How Cocaine Affects Your Body	General
Mind Matters: The Body's Response To Cocaine	Adolescents

Stimulant Overamping – What You Need to Know	General
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Conflict Resolution

Title	Target Audience
Dealing With Conflicts Without Violence	Adolescents

Decision – Making / Coping Skills

Title	Target Audience
138 Ways To Beat The High Cost Of Living	General
Building Resilience and Hope During Stressful Times	General
Resiliencia y Esperanza en Momentos Dificiles	General

Depression

Title	Target Audience
10 Things Everyone Should Know About Depression	General
Anxiety & Depression 101: What Students Need To Know	College Students
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: Recognizing and treating it / La depression reconocerla y tratarla	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
La Depresión En La Adolescencia	General
La Depresión En Las Mujeres: 5 Cosas Que Usted Debe Saber	General

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Las Enfermedades Crónicas Y La Salud Mental: Cómo Reconocer Y Tratar La Depresión	General
Los Hombres Y La Depresión	General
Older Adults and Depression	General
Perinatal Depression	General
Postpartum Depression: More Than The "Baby Blues"	General

Disaster / Trauma

Title	Target Audience
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

Title	Target Audience
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 Respetto	General

DWI / Distracted Driving

Title	Target Audience
Drinking & Driving	General

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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

Title	Target Audience
37 Things You Should Know About Eating Disorders	General
Eating Disorders: About More than Food	General
Los Trastornos De La Alimentación: Un Problema Que Va Más Allá De La Comida	General

Gambling

Title	Target Audience
Adolescentes Y Juegos De Azar En Línea: Una Apuesta Perdedora	General
Apuestas Deportivas En Línea: No Juegues Con Tu Futuro	General
Brain Biology and Gambling Disorder	General
College Students Gamble Responsibly	General
Gambling Choices & Guidelines: Understanding the Risks and Benefits	General
Know the Risks (5" x 5" or 8" x 8")	General
La Biología Cerebral Y El Trastorno Relacionado Con El Juego	General
Online Sports Betting: Don't Gamble With Your Future	General
¿Qué hay de usted? ¿Algún ser querido necesita ayuda por un problema con el juego?	General
Teens And Online Gambling: A Losing Bet (pamphlet)	General
What About You? Does Someone You Love Need Help With A Gambling Problem?	General

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Grief / Loss

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Title	Target Audience
About Grief	General
Acerca De La Afliccion	General
Cómo Ayudar A Su Hijo(a) A Sobrellevar El Duelo (Limit 10)	General
Grief – Living With Loss	General
Helping Your Child Work Through Grief (Limit 10)	General
Moving Through Grief & Loss	General
Working Through Grief: Self-Care Handbook (Limit 10)	General

Hallucinogens

Title	Target Audience
Consejos Para Adolescentes: La Realidad Sobre Los Alucinógenos	Adolescents

Health / Wellness

Title	Target Audience
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 Pregnant Woman Should Know: Tips For A Healthy Pregnancy	General
Fitness Facts: Get Moving For Better Health	General
Personal Hygiene: Clean Feels Great!	Middle School Students
Physical Activity & Stress	General
What Everyone Should Know About Personal Hygiene	General
Why Should I Exercise? A Guide For Teens	Adolescents

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Heroin

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Title	Target Audience
Consejos Para Adolescentes: La Realidad Sobre La Heroína	Adolescents
Heroin & Harm Reduction	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

Title	Target Audience
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
VIH	General
Women and HIV	Women

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Infectious Disease

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Title	Target Audience
Hand Washing To Avoid Colds, Flu and Other Infections	General
Hepatitis B	General
Hepatitis C	General

Inhalants

Title	Target Audience
Consejos Para Adolescentes: La Realidad Sobre Los Inhalantes	Adolescents
Tips For Teens: The Truth About Inhalants	Adolescents

Internet / Social Media

Title	Target Audience
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
Intimidacion Cibernetica: 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
Sexting: 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

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Marijuana

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Title	Target Audience
Cannabidiol (CBD): Trend Or Treatment?	General
Cannabis Use & Your Mental Health	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

Title	Target Audience
Five Ways Tobacco Companies Try to Trick You	Adolescents

Mental Health / Mental Health Disorders

Titl	Target Audience
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

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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 Your Child's Emotional Health	General
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
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
Generalized Anxiety Disorder: When Worry Gets Out of Control	General
Great Dream: 10 Keys To Happier Living	General
Gun Violence and Your Mental Health	General
Healing From Trauma	General
Help On The Way: Bipolar Disorder	General
How To Help A Loved One With A Mental Illness	General
La Esquizofrenia	General
La Salud Emocional: Lo Que Todos Los Padres Deben Saber	General

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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
Social Connection and Your Mental Health	General
Social Media and Your Mental Health	General
Teens and Self-Injury	Adolescents
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 Anxiety Disorders	General
Understanding Bipolar Disorder	General
Understanding PTSD: A Guide For Family And Friends	General
Understanding PTSD and PTSD Treatment	General

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When You Feel Lonely	General
You Can Manage Bipolar Disorder: A Self-Care Handbook (limit 10)	General

Military Issues

Title	Target Audience
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

Nutrition

Title	Target Audience
30 Easy Ways To Eat Healthier	General
Eat Smart: Get The MyPlate Habit	Upper Elementary Grades
Good Nutrition – Healthy Choices for You and Your Family	General
Healthy Eating On A Budget	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
What's On Your Plate	General

Older Adults

Title	Target Audience
Alcohol & Older Adults: 10 Things You Should Know	Older Adults
Alcohol: What's Right For You?	Older Adults
Older Adults and Alcohol	Older Adults
Understanding Loneliness and Social Isolation	Older Adults

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7 Tips for Managing Chronic Pain	Older Adults/General
50 Things Every Caregiver Should Know: Tips To Make Your Job Easier	Older Adults
Older Adults & HIV	Older Adults
Alzheimer's Disease: 10 Ways To Lower Your Risk	Older Adults
Good Mental Health Is Ageless	Older Adults
Healthy Aging: 10 Things To Do (5 To Avoid)	Older Adults
Maximizing Memory: Exercise Your Brain	Older Adults
Participating In Activities You Enjoy: More Than Just Fun & Games	Older Adults
La Buena Salud Mental No Tiene Edad	Older Adults
Understanding Alzheimer's Disease	Older Adults
Understanding PTSD and Aging	Older Adults
How to Manage Your Medications	Older Adults
Managing Medications	Older Adults
Medications: Managing Them Well	Older Adults
Medicines: Use Them Safely	Older Adults
Safe Use of Medicines: Take Your Medicines The Right Way - Each Day!	Older Adults
Home Safety for Older Adults	Older Adults
100 Great Things About Growing Older	Older Adults

Parenting

Title	Target Audience
10 Consejos Para La Crianza Diaria Y Efectiva De Los Hijos	General
10 Consejos Para Los Abuelos Que Crían 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 Crían Solos A Sus Hijos	General
12 Tips For Positive Discipline	General
12 Tips For Succeeding As A Single Parent	General

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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
Ayude 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
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
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
Student Attendance: What Parents Need To Know	General

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Prenatal Alcohol / Drug Exposure

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Title	Target Audience
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
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 Anos De Mama Vivir Sabia Y Saludablemente	Pregnant Women

Prescribed / OTC Medications

Title	Target Audience
About Prescription Medications for Mental Health	General
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

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Consejos Para Adolescentes: La Realidad Sobre Los Sedantes	Adolescents
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
Medication Drop-Box Program: Local Disposal Of Unused, Unwanted Or Expired Medications	General
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
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

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What You Need To Know About Prescription Drugs	General
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Recovery / Relapse

Title	Target Audience
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

Title	Target Audience
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

Title	Target Audience
Xylazine: What You Need To Know	General

Limit: 50 Pamphlets Per Month; Per Person

Self-Esteem

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Title	Target Audience
Building Your Self-Esteem: Helping Yourself	General

Self-Help

Title	Target Audience
A Guide For The Family Of The Alcoholic	General
Hay Un Alcoholico En Su Vida?	General
Es AA para usted?	General
Is A.A For You?	General
Is There An Alcoholic In Your Life?	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 / Sexual Health/ Sexual Orientation

Title	Target Audience
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 Lesbian: Now What Do I Do?	Adolescents
S.E.X. - You And Others: Accepting Your Feelings And Respecting Others	Adolescents
Sex, Communication and Respect	Teens
STD Facts	General
STIs, Alcohol, and Other Drugs	Adolescents

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Talking To Adolescents About Sex	General
Transgender: Understanding Gender Differences	General Back to Index
What Does It Mean To Be Gay, Lesbian, Bisexual or Transgender?	Adolescents
What Young People Should Know About The Emotional Effects of Sex	Teens

Sexual Violence

Title	Target Audience
About Sex and Alcohol	General
Alcohol, Drugs & Sexual Assault	General
Date And Acquaintance Rape: Facts For Men And Women	General
Sexual Pressure & The Media: What You Need to Know	Adolescents
Sexual Assault: What Every Service Member Should Know	Military
Sexual Assault: What Everyone Should Know	College Students
Sí Significa Sí: Qué Es El Consentimiento Afirmativo?	General
What Is Consent? Preventing Sexual Assault	General
Yes Means Yes: What Is Affirmative Consent?	General

Stress

Title	Target Audience
12 Maneras De Vencer El Estrés	General
12 Ways to Beat Burnout	General
50 Cosas Que Debe Saber Sobre El Estres (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 Estres Y La Crianza De Los Hijos	General
Exercise & Stress: When You Feel Stressed, Exercise Your Stress Away	General

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La Atención Plena: Consejos Para Reducir El Estrés Y La Ansiedad	General	Back to Index
Practicing Gratitude During Stressful Times	General	
Relajacion 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	
The Benefits Of Practicing Compassion	General	

Substance Use Disorders

Title	Target Audience
10 Ways Drugs Can Mess With Your Life	Adolescents
36 Cosas Que Todos Deben Saber Sobree La Adiccion	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

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Substance Use Prevention

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Title	Target Audience
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
Preventing Drug Use: 10 Tips For Parents & Other Adults	General

Suicide

Title	Target Audience
About Suicide Among Young People	Adolescents
Coping With Suicide: Support For Families And Friends	General
Guide to Preventing Firearm Suicide	General
La Prevencion Del Suicidio: Optar Por Vivir	General
Preguntas Frecuentes Sobre El Suicidio	General
Preventing Suicide: Choosing to Live	General
Senior Suicide	Older Adults
Substance Use and Suicide: Understanding The Connection	General
Suicide: 30 Facts Everyone Should Know	General
Suicide & Depression: What You Need To Know	Adolescents
Suicide Prevention Resource Card	General
Suicide Talk! What To Do If You Hear It	Middle School Students
Suicidio Y Depression: Lo Que Debes Saber	Adolescents
Youth Suicide: Everything To Live For	Youth

Synthetic Drugs

Title	Target Audience
Acetyl Fentanyl: Powerfully Potent Killer	General
Herbal Incense: Fake Marijuana	General

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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

Title	Target Audience
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

Title	Target Audience
After You've Quit: Adjusting to a Smoke-Free Life	General
Dejar de Fumar Problemas Comunes, Buenas Soluciones	General
How To Help A Friend Or Family Member Quit Smoking	General
How to Quit Smoking When You've Tried Before	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
Top Ten Steps to Quitting Smoking	General
Women & Smoking: 10 Great Reasons To Quit	Women

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Tobacco / E-Cigarettes

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Title	Target Audience
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
Social Smoking: What It Is and How It Hurts You	General
The Health Consequences of Smoking	General
The Truth About Vaping, E-Cigs & Hookah Pens	Adolescents
The Vaping Quiz	Adolescents
Tobacco Facts	Adolescents
Tobacco and Stress	General
Tobacco, Pipes & Hookahs	General
Tobacco and the Environment	general
Vaping & E-Cigarettes: 8 Things Every Parent Should Know	General
Vaping & Pregnancy	General

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Vaping, Smoking & Your Mental Health	General
What Parents Should Know About Teens & Smoking	Parents
Your Brain & Vaping Nicotine	Adolescents

Tobacco / Smokeless

Title	Target Audience
The Health Consequences of Spit Tobacco	Adolescents
Nicotine Pouches	General

Treatment

Title	Target Audience
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

Title	Target Audience
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
Standing Up For Each Other: Responding To Hate & Intolerance	General
The Truth About Anger	General
Tips To Help You Manage Anger	General