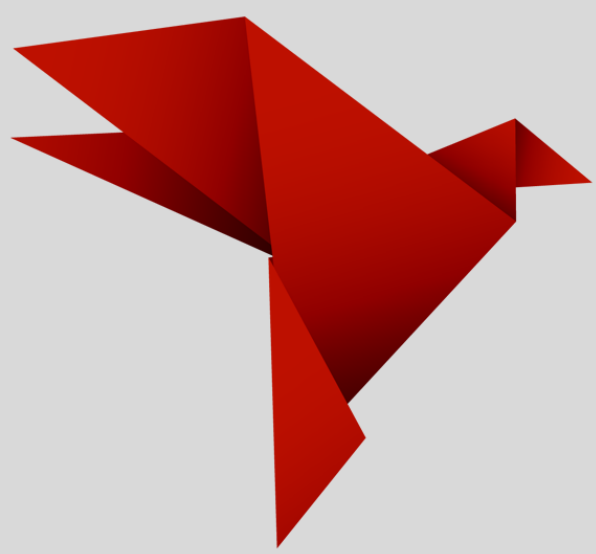


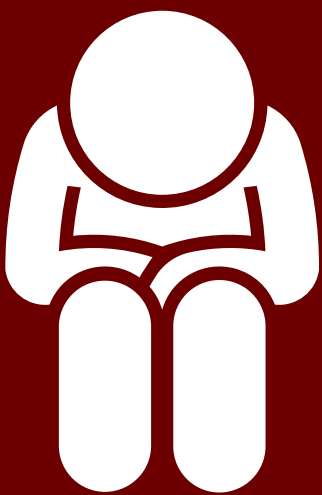


Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

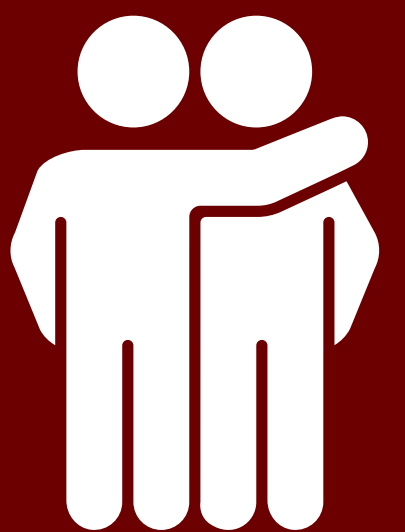
Are you at a crossroads with your *Substance Use?*

Questions to ask yourself:



Do you notice yourself using substances as a way to cope with difficult feelings?

Are you struggling with the impact that the substance use of yourself, a friend or family member is having on you?



Do you ever use a substance for the sake of others even when you don't really want to?

Remember and consider:

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
- Reach out if you're having a difficult time.

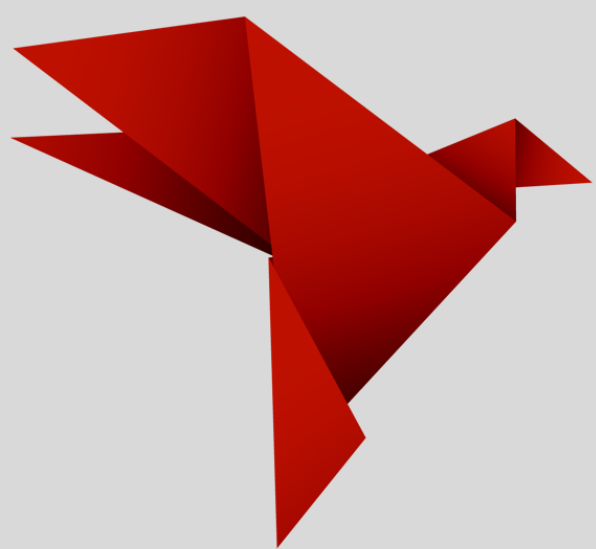
Crisis Resources:



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Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

Are you at a crossroads with your *Substance Use?*

Questions to ask yourself:



Do you ever feel that you need more or a different substance to achieve the same effect?

Do you notice yourself being more “on edge” or agitated when not having access to a substance that you have been using?



Have you ever thought about reducing or stopping your substance use but can't seem to?

Remember and **consider:**

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
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