

# HOPE4YOUTH NEWSLETTER



## WHAT IS HOPE4YOUTH

Mayes County HOPE was awarded the Drug-Free Communities grant in September 2015 and as a result the HOPE4Youth program began. The primary focus of HOPE4Youth is the prevention of youth substance abuse with four main areas of concern: underage alcohol use, tobacco/nicotine use, marijuana use, and prescription medication abuse.

## WHAT IS THE IMPACT COUNCIL



The Impact Council is a team of 7th-12th grade Pryor students dedicated to providing drug and alcohol prevention for youth. The HOPE4Youth program founded the Impact Council in 2016 as a way to help students of Pryor develop healthy habits, prevent underage drinking, tobacco use, substance abuse, and educate students in a variety of other areas. The Impact Council works to bring these philosophies into everyday life for Pryor youth.



## SEPTEMBER IS SUICIDE AWARENESS MONTH



### KNOW THE WARNING SIGNS AND STAY ALERT!

 <b>Negative View of Self</b>	 A sense of <b>Hopelessness</b> or <b>No Hope</b> for the future	 <b>ISOLATION</b> or <b>FEELING Alone</b>	 <b>Aggressive</b> and <b>Irritability</b>	 Possessing <b>LETHAL MEANS</b>
 Feeling like a <b>BURDEN</b> to others	 Drastic change in <b>MOOD</b> and <b>BEHAVIOR</b>	 Frequently Talking about <b>DEATH</b>	 <b>SELF HARM</b> like <b>CUTTING BEHAVIORS</b>	 Engaging in <b>"RISKY" BEHAVIORS</b>
 Making <b>FUNERAL ARRANGEMENTS</b>	 <b>GIVING THINGS AWAY</b>	 <b>SUBSTANCE ABUSE</b>	 Making <b>Suicide Threats</b>	 <b>Sleeping too MUCH</b>

**CALL OR TEXT 988 FOR HELP!**