Please consider the following community resources for assistance when needed:

**Underage Drinking**

**IT Matters**

**Website:** [**http://itmattersks.org/**](http://itmattersks.org/)

The *It Matters* website and related educational campaigns are sponsored by Kansas Behavioral Health Services, which helps communities understand the extent and cause of substance abuse problems and take action to reduce and prevent them. Trained professionals help communities select proven prevention strategies and seek resources.

**The Cool Spot**

**Website:** [**http://www.thecoolspot.gov/**](http://www.thecoolspot.gov/)

The young teens place for information on alcohol and resisting peer pressure. The Cool Spot offers facts on alcohol and the dangers of underage alcohol use as well as ways to identify and avoid peer pressure.

**Report Underage Drinking (Anonymous)**

**1-866-MUST-B-21 (687-8221)**

**Website:** [**www.1866mustb21**](http://www.1866mustb21)**.com**

24-hour toll-free tip line. You will be prompted to enter a number corresponding to your state (#1 for Kansas) and will be connected to a dispatcher. The Kansas Highway Patrol operator will transfer you to the appropriate local law enforcement agency.

Call if you know about a party or other gathering involving underage drinkers, ideally before it occurs or if you suspect underage drinking in your neighborhood: at a house party, at a park, in a field—anywhere.

**Drug Use**

**National Institute on Drug Abuse**

**Website:** [**www.drugabuse.gov/parents-educators**](http://www.drugabuse.gov/parents-educators)

NIDA’s mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction. This charge has two critical components. The first is the strategic support and conduct of research across a broad range of disciplines. The second is ensuring the rapid and effective dissemination and use of the results of that research to significantly improve prevention and treatment and to inform policy as it relates to drug abuse and addiction.

**SAMHSA's National Helpline**

**1-800-662-HELP (4357)  
TTY: 1-800-487-4889**  
**Website:** [**www.samhsa.gov/find-help/national-helpline**](http://www.samhsa.gov/find-help/national-helpline)

Also known as the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**Partnership for Drug Free Kids**

**Website:** [**www.drugfree.org**](http://www.drugfree.org)

Working to reduce teen substance abuse and support families impacted by addiction. Families can find information they need to understand the ever-changing environment, which now includes prescription drugs and over-the-counter medications.

**Above the Influence**

**Website:** [**http://abovetheinfluence.com/**](http://abovetheinfluence.com/)

Founded as part of the national youth anti-drug media campaign, Above the Influence is now associated with the Partnership for Drug Free Kids. It is inspired by what teens have stated about their lives, and how they deal with the influences that shape their decisions. The goal is to help teens stand up to negative pressures so that they’re prepared to face them.

**Treatment & Referral Options**

**Mirror Integrated Health**

**130 E. 5th; Newton, KS**

**(316) 283-6743**

**Website:** [**www.mirrorinc.org**](http://www.mirrorinc.org)

In pursuit of our mission statement, Mirror, Inc. offers a comprehensive array of programming to individuals, communities and government entities in multiple locations, for those seeking assistance with drug abuse, drug addiction and problem gambling. Our prevention center targets community organizations and groups to deliver trainings, consultations and guidance in the development of strategies to strengthen families and the communities in which they live. Locally, we offer many options including the Alcohol Drug Information School for those charged with violations of Kansas laws, and an early intervention program called Teen Intervene.

**Substance Abuse and Mental Health Association**

**Website:** [**https://findtreatment.samhsa.gov/**](https://findtreatment.samhsa.gov/)

Find a direct link to addiction treatment services. This link can also be found on the drugabuse.gov site.

**Behavioral Health Treatment Services Locator**

**Website:** [**findtreatment.samhsa.gov**](http://findtreatment.samhsa.gov/)

Find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country with this resource.

**Buprenorphine Physician & Treatment Program Locator**

**Website:** [**buprenorphine.samhsa.gov/bwns\_locator/**](http://buprenorphine.samhsa.gov/bwns_locator/)

Find information on locating physicians and treatment programs authorized to treat opioids, such as heroin or prescription pain relievers.

**Opioid Treatment Program Directory**

**Website:** [**dpt2.samhsa.gov/treatment/**](http://dpt2.samhsa.gov/treatment/)

Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers.

**Other Preventative Resources**

**Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**  
**TTY: 1-800-799-4889**  
**Website:** [**www.suicidepreventionlifeline.org**](http://www.suicidepreventionlifeline.org)

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

**Disaster Distress Helpline**

**1-800-985-5990  
TTY: 1-800-846-8517**  
**Website:** [**www.samhsa.gov/find-help/disaster-distress-helpline**](http://www.samhsa.gov/find-help/disaster-distress-helpline)

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

**Veteran's Crisis Line**

**1-800-273-8255  
TTY: 1-800-799-4889**  
**Website:** [**www.veteranscrisisline.net**](http://www.veteranscrisisline.net)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

**Kansas Family Partnership**

**1-800-206-7231**

**Website:**[**http://www.kansasfamily.com**](http://www.kansasfamily.com)

Kansas-based organization that promotes positive youth behaviors by supporting diverse families and communities through education, networking and advocacy.

**For more information about any of the provided resources, please contact Mirror, Inc. Prevention and Wellness Services at (316) 283-6743.**