

**Not all holidays are happy.
Check on your friends
this season.**



**Need
Support?**

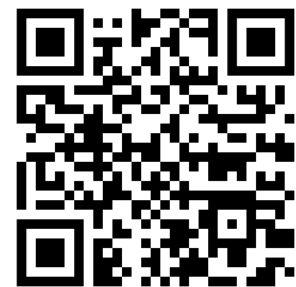


Feeling stressed this season?

Go for a walk
Call a friend
Bake some treats
Try coloring
Play with slime
(real or via app)
Listen to music
Read a book



Need
Support?



DO MORE OF WHAT MAKES YOU HAPPY.

An illustration of three people embracing. On the left, a person with dark skin and short hair is seen from the back, wearing an orange t-shirt. In the middle, a person with dark skin and long hair is seen from the side, wearing a blue and green striped shirt. On the right, a person with dark skin and short hair is seen from the side, wearing a yellow t-shirt with green stripes. They are all smiling and hugging each other.

PRIORITIZE YOUR HEALTH



And support your
friends' choices to be
drug- and alcohol-free.

#SHOWUP4YOURSELF
#SHOWUP4YOURFRIENDS
#SHOWUP4PREVENTION
#ONECHOICE

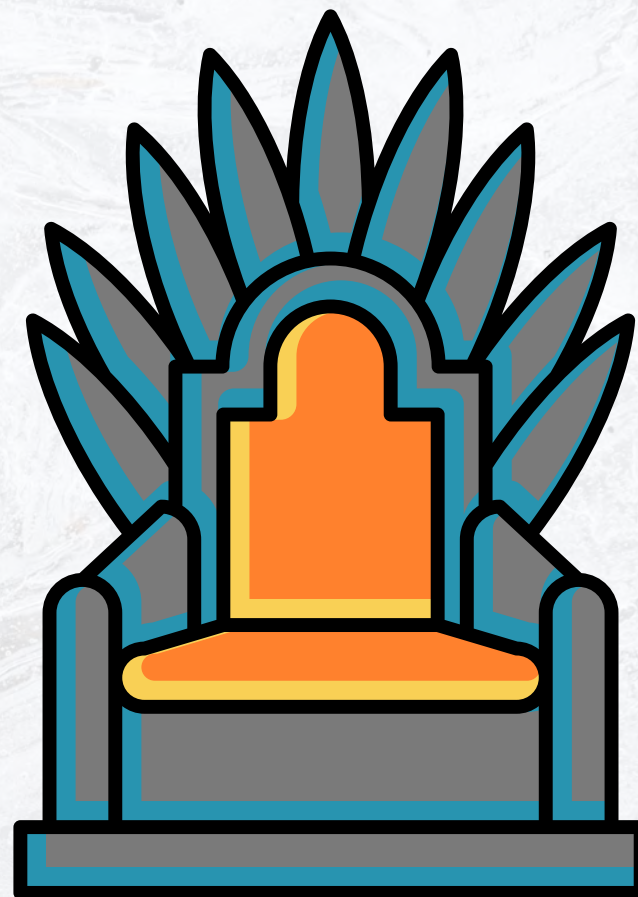
NEED
SUPPORT?





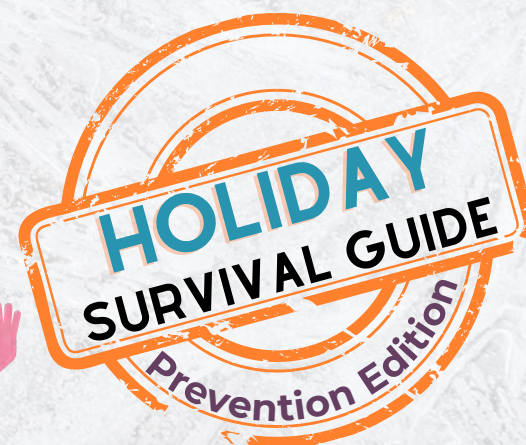
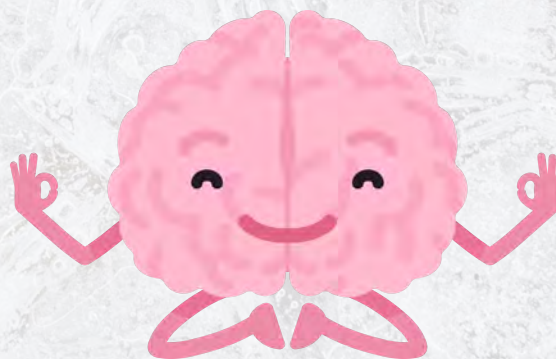
WINTER BREAK IS COMING

MAKE A PLAN AND
PRIORITIZE YOUR HEALTH



AVOID ALCOHOL, NICOTINE,
CANNABIS/THC, AND OTHER DRUGS

HAVE A FRIEND KEEP
YOU ACCOUNTABLE



TALK WITH A TRUSTED ADULT AND HAVE A "CODE" WORD
SO YOU CAN GET OUT OF A RISKY SITUATION

**NEED
SUPPORT?**



**START THE NEW YEAR IN THE
BEST POSSIBLE WAY...**

2024
3

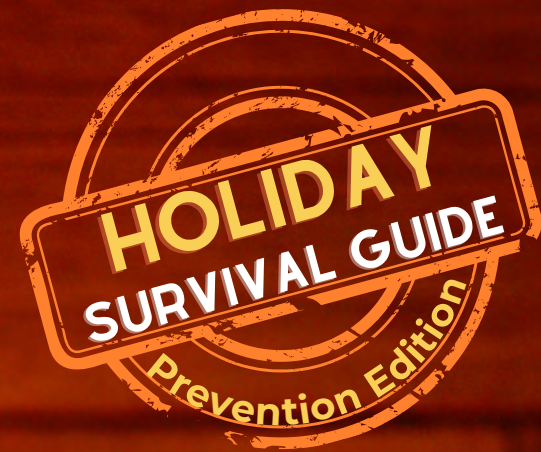
**THIS NEW YEARS EVE
TAKE CARE OF YOURSELF
AND YOUR FRIENDS**



**#SHOWUP4YOURSELF
#SHOWUP4YOURFRIENDS
#SHOWUP4PREVENTION
#ONECHOICE**

**NEED
SUPPORT?**





MESSAGES

now

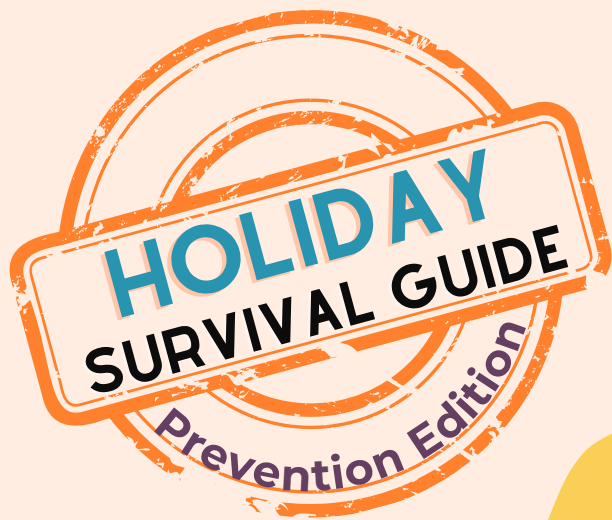
REMINDER

Substances can take you away from special holiday moments.

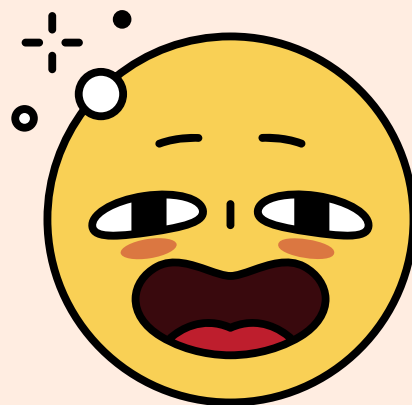
Be present and prioritize your health this holiday season.

NEED SUPPORT?

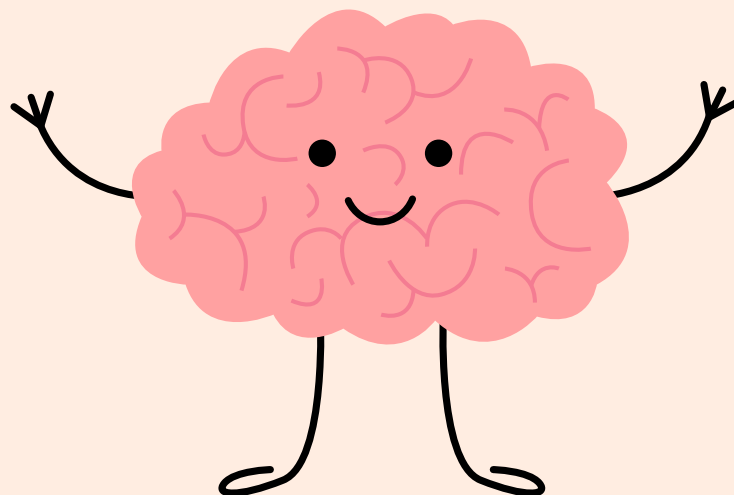




DRUGS DON'T BRING
CHEER WHEN THE
HOLIDAYS ARE NEAR...



*but pumpkin spice
is pretty nice*



**NEED
SUPPORT?**



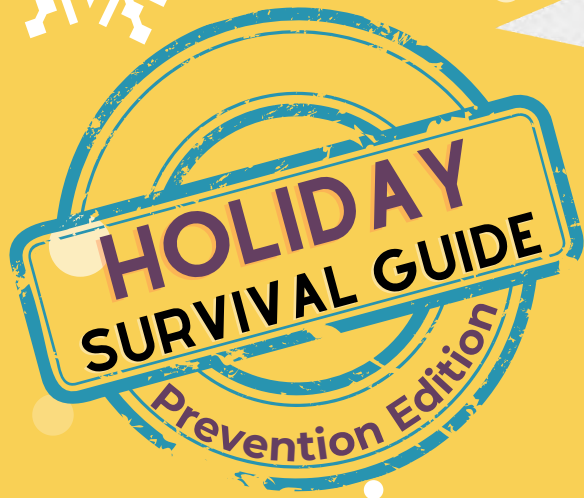
**#SHOWUP4YOURSELF
#SHOWUP4YOURFRIENDS
#SHOWUP4PREVENTION
#ONECHOICE**

This holiday season

GIVE THE GIFT



OF KINDNESS



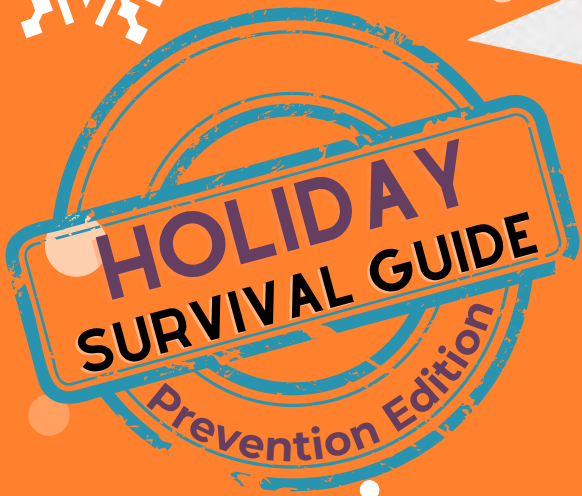
NEED SUPPORT?

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



This holiday season

GIVE THE GIFT OF SUPPORT



**NEED
SUPPORT?**

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



This holiday season

GIVE THE GIFT



OF LOVE



**NEED
SUPPORT?**

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice

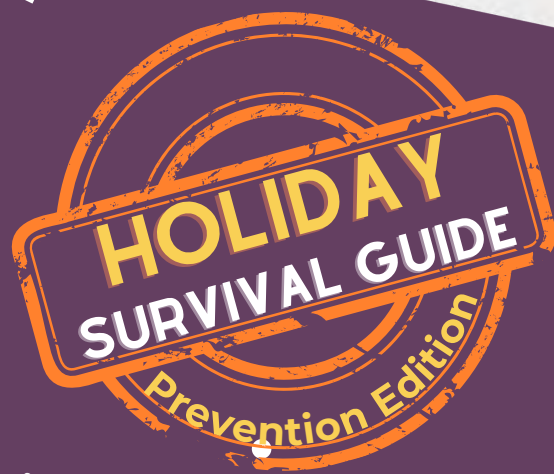


This holiday season

GIVE THE GIFT



OF TIME



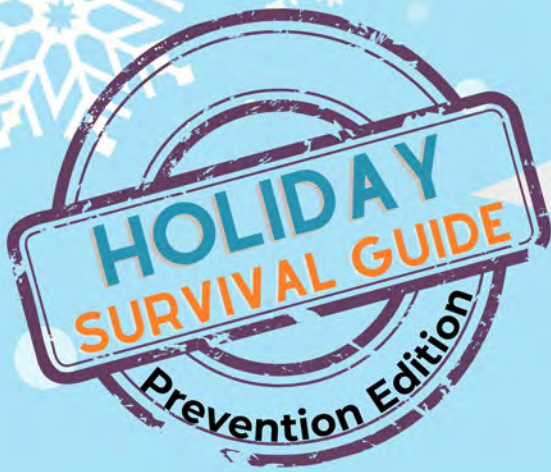
NEED
SUPPORT?

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



This holiday season

GIVE THE GIFT OF
ACCEPTANCE



NEED
SUPPORT?

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice





THIS HOLIDAY SEASON

FIND A **SAFE** RIDE.

DON'T GET IN A VEHICLE
WITH A DRIVER WHO
HAS USED ALCOHOL
OR OTHER DRUGS.

#DRIVESOBER
#SHOWUP4YOURSELF
#SHOWUP4YOURFRIENDS
#SHOWUP4PREVENTION
#ONECHOICE



NEED SUPPORT?



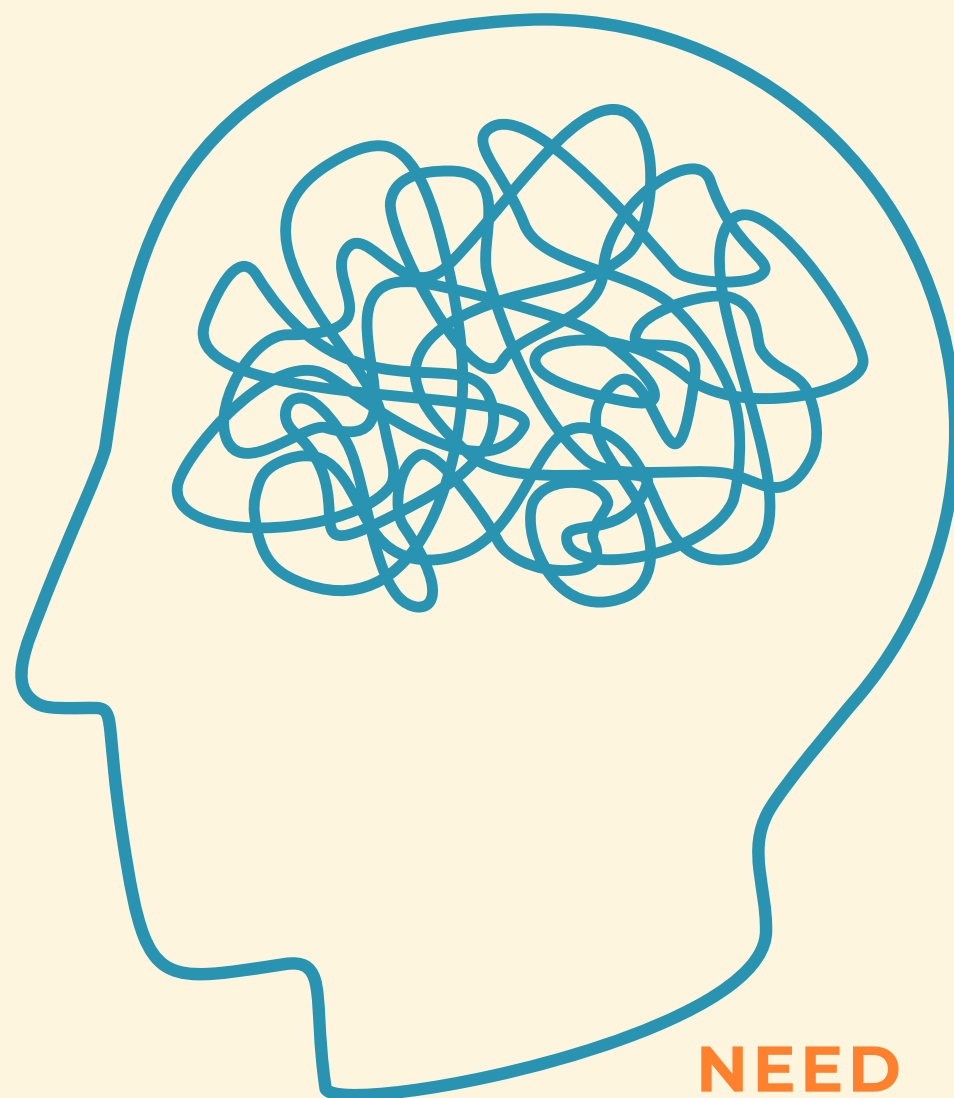
THE HOLIDAY SEASON IS HERE DID YOU KNOW?

mental health challenges
can increase the risk of
substance use problems

AND

substance use increases
the risk of developing
mental health disorders

alcohol, THC, and other
drug use can also worsen
the symptoms of an
existing mental illness



NEED
SUPPORT?

#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



DID YOU KNOW?

Substance use can make
mental health problems worse. ✨

Protect Your Mental Health

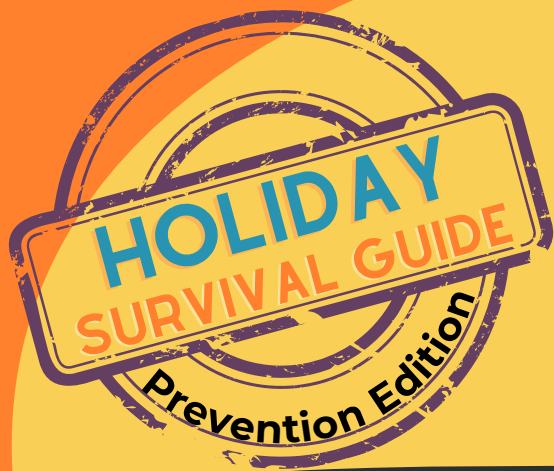
#showup4yourself
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NEED SUPPORT?

**HOLIDAY
SURVIVAL GUIDE**

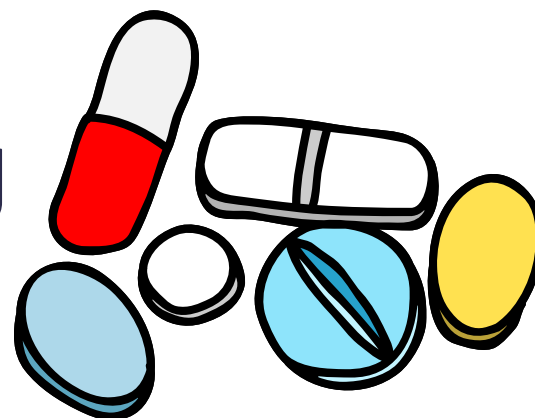
Prevention Edition



DID YOU KNOW?

THE DEADLY DRUG FENTANYL IS PUT INTO PILLS THAT **LOOK** LIKE REAL MEDICATIONS.

IF A PILL...
ISN'T PRESCRIBED TO YOU
ISN'T FROM A PHARMACY
IT ISN'T SAFE.



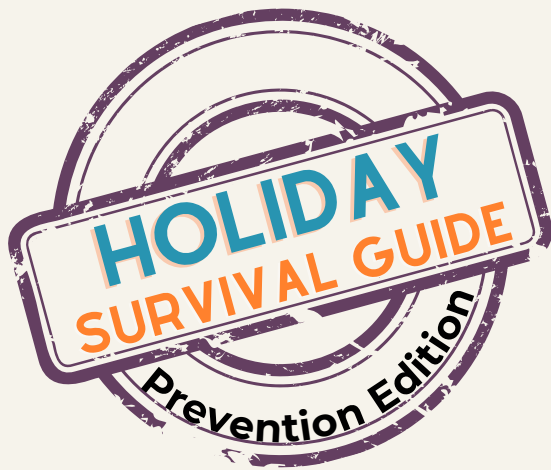
#ONEPILLCANKILL

NEED SUPPORT?

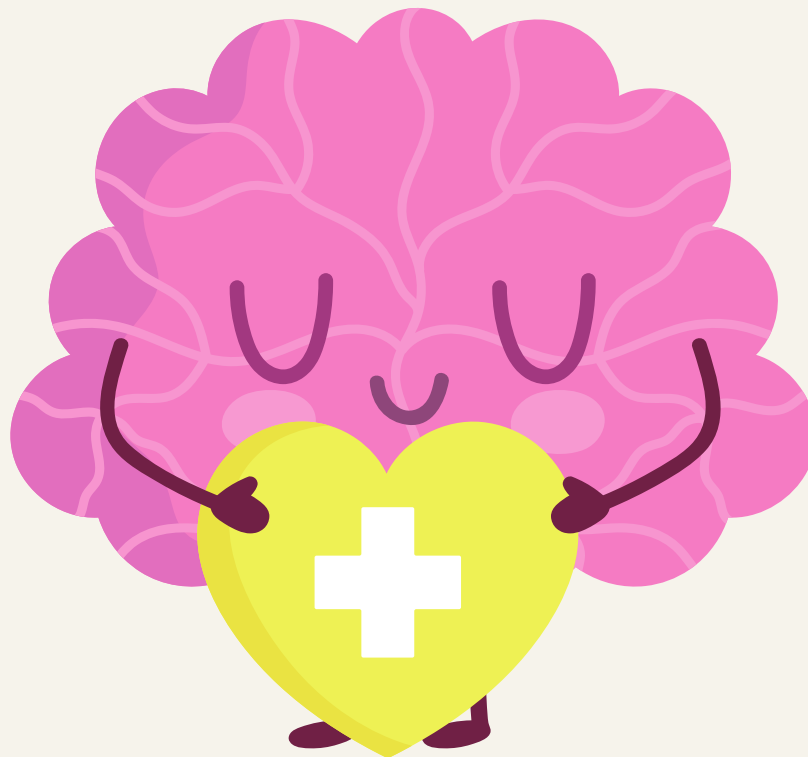
#showup4yourself
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#onechoice



MENTAL HEALTH DOESN'T TAKE A HOLIDAY BREAK...



#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



NEED SUPPORT?



Help combat social isolation by reaching out to older members of our community this holiday season

Everyone Benefits!



NEED SUPPORT?

**#showup4yourself
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#showup4prevention
#onechoice**



**STUDENTS SUPPORT EACH OTHER
DURING THE HOLIDAY SEASON.
REACH OUT TO A FRIEND TODAY!**



**NEED
SUPPORT?**



**#showup4yourself
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#showup4prevention
#onechoice**



EVEN ASTRONAUTS NEED TO DECOMPRESS



#showup4yourself
#showup4yourfriends
#showup4prevention
#onechoice



**NEED
SUPPORT?**

