

HOTLINES & SUPPORT GROUPS

*Don't try to
go through
this alone*

MENTAL HEALTH RESOURCES

Tri-County Mental Health Crisis Line
1-888-279-8188

National Suicide Prevention Lifeline
1-800-273-8255

24/7 Crisis Text Line:
Text HOME to 741-741

Local Suicide Prevention Website
encouragehopeandhelp.com

Alcoholics Anonymous Meeting Locator

www.kc-aa.org
(Many local locations: Excelsior Springs,
Liberty, Richmond, Kearney, Lawson)

Alcoholics Anonymous Kansas City
Region 24 Hour Hotline
1-816-471-7229

Narcotics Anonymous Kansas City
www.kansascityna.org
816-561-2250
(Local locations include Liberty and Richmond)

Al-Anon

www.al-anon.org
(For those whose lives are affected by
someone's drinking. Local locations including
Excelsior Springs, Liberty, Richmond,
plus online support)

Al-Ateen

www.al-anon.org
(Online support for teens whose lives are
affected by someone else's drinking)

SAFE'S MISSION

Through community involvement, leadership and the sharing of resources, Excelsior Springs SAFE works to reduce underage drinking, nicotine and other drug use, violence and other negative behaviors and improve the lives of all Excelsior Springs citizens.



300 W Broadway Ave.
Excelsior Springs, MO 64024
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ES Safe Community @es_safedfc pinterest.com/safedfc

ExcelsiorSpringsSafe.com



**SUBSTANCE USE
PREVENTION AND
SUPPORT RESOURCES**

What can I do to help with youth substance use in my area?

The average age Northland youth report drinking their first alcoholic beverage is 12



72% of users get their pills from friends or family

In the U.S., 1 person DIES every 19 minutes from a drug overdose

A TRAGEDY LARGELY DRIVEN BY PRESCRIPTION PAINKILLER MISUSE

WHAT YOU CAN DO

- 1. Talk to your kids about alcohol and other drugs, and make sure you both have good information about the risks. Online resources to help you talk with your child about alcohol and other drugs:



www.drugfree.org



www.parentupkc.com

- 2. Use a medicine box near you to safely dispose of any unwanted/expired medicines. This helps prevent prescription drug abuse. Prescription Drug Drop-Boxes are located in local police departments, including Excelsior Springs, Richmond, Liberty and Lawson.

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If you are currently prescribed necessary medication, keeping it in a lockbox can prevent it from getting into the wrong hands



NEED HELP TO QUIT SMOKING?
1-800-QUIT-NOW • 1-800-784-8669
www.quitnow.net • www.smokefree.gov

HELP IS AVAILABLE

There's never a bad time to make a positive change

- 3. If you or a loved one does have a problem with substance abuse, there are resources available nearby that can help. Here are some resources to help get you started:

Tri-County Mental Health Services
816-468-0400
www.tri-countymhs.com

Heartland Center for Behavioral Change*
816-214-9110 • heartlandcbc.org

Preferred Family Healthcare
816-407-1754 • www.pfh.org

Midwest Institute for Addiction*
816-407-9596 (insurance only)
midwestinstituteforaddiction.org

Northland Dependency
816-781-8999
www.ndsnscs.com

*Adults only