



**Big Brothers
Big Sisters®**
OF CENTRAL IOWA

PROTECTING AND
IMPROVING THE HEALTH
OF IOWANS

IDPH
IOWA Department
of PUBLIC HEALTH

May Prevention Toolkit

Toolkit Highlights

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**BBBSCI is pleased to announce
another month of service to the
community through prevention
efforts with the Improving
Tomorrow: Prevention Focused
Mentoring program.**

OF CENTRAL IOWA

**We hope that this collection of
resources helps you to better
connect with your Little and aids
in the prevention of substance
misuse, problem gambling & the
development of life-skills.**



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



Mental Health Month

Featured Educational Video

"We All Have Mental Health"

<https://youtu.be/DxIDKZHW3-E>

Feature article:

How to Know When Your Child Needs Help



PREVENTION AND SUPPORT RESOURCES

Your Life Iowa (YLI): For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](#)

Healthy Children

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>

NEW National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

Help Guide: <https://www.helpguide.org/articles/addictions/underage-drinking.htm>

Self Care

May 2023 Prevention Match Activity

Many people often use alcohol, tobacco, and other drugs or engage in problem gambling to deal with emotions or fears, including boredom. This is often referred to as "self-medicating" and could lead to significant physical, emotional, or mental health issues. The attached QR codes to worksheets aim to help the Big/Little match identify healthy habit-forming practices to help avoid misusing drugs or engaging in problem gambling.

Activity

