

Prevention Works!

The Lake County ADAMHS Board offers a wide range of programs for all ages that can be tailored to fit your needs.



MENTAL HEALTH

- Defining mental illness • Signs someone may be in crisis • Treatment • Supporting someone who has an illness • Addressing stigma of mental illness

ALCOHOL/OTHER DRUGS

- Nature and scope of addiction disorders • How and why people become addicted • Warning signs & red flags

DEPRESSION AWARENESS/ SUICIDE PREVENTION

- Symptoms of depressive illness • Warning signs for suicide • Risk factors • How to help a person having a suicidal crisis

YOUTH LEADERSHIP

- The importance of leadership skills in kids
- How leadership skills factor into relationships
- How leadership skills can reduce risk taking behaviors and improve school cultures
- Internet safety

HEALTHY RELATIONSHIPS

- How to build & nurture healthy relationships with family members, friends, and coworkers
- Warning signs that a relationship may be unhealthy • Safe dating • What you need to know about the five types of abuse • Steps to take in an unhealthy relationship

OTHER TOPICS

- Gambling • Stress management • Mental health first aid • Life skills • Pregnancy/STI prevention
- Parenting education

You.Me.Us.
We're in this together.
There is no them.



More information:
350-2000 or 918-2000
(both 440)