

YOU MATTER.

USE SUBSTANCES SAFELY

If you are not feeling good about how you are using substances here are some things to know:

**YOU'RE
NOT
ALONE**

**ADDICTION
IS A
HEALTH
PROBLEM
NOT A
PERSONAL
FAILURE**

**YOU
CAN
GET
HELP TO
CHANGE
YOUR
USE
PATTERNS**

**IT
HAPPENS,
IT'S NOT
YOUR FAULT,
THERE ARE
PEOPLE TO
HELP AND
SUPPORT
YOU**

FOR INFORMATION ABOUT
YOUTH-FRIENDLY SERVICES
IN WELLINGTON COUNTY,
SCAN HERE

