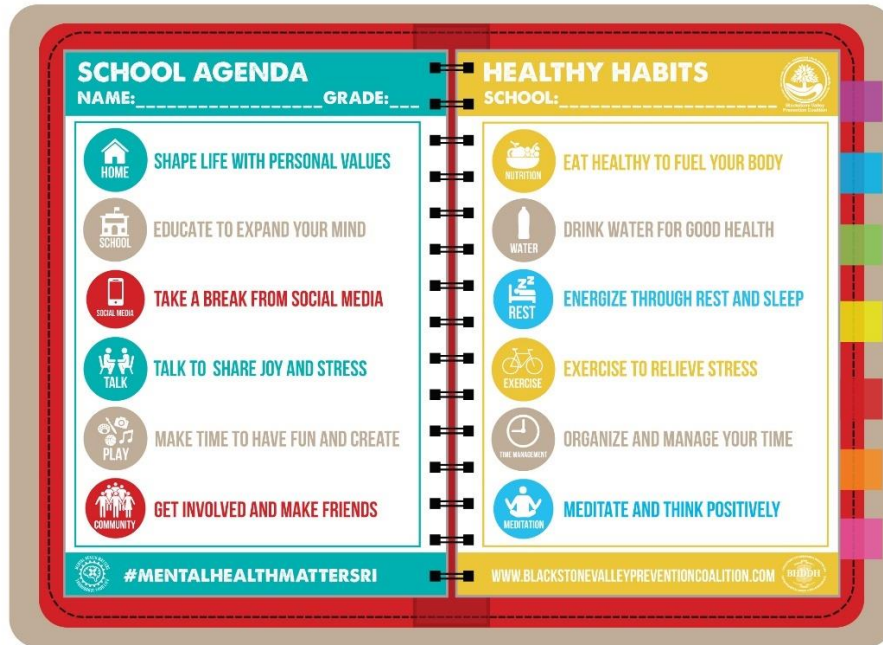


BLACKSTONE VALLEY PREVENTION COALITION

#MENTALHEALTHMATTERSRI Campaign

An interactive media campaign that raises awareness about mental health and substance use and focuses on preventing substance abuse, while helping youth and adults cope with stress/anxiety, sadness/depression, worry and fear (English and Spanish), in addition to providing resources



DURING THIS TIME OF UNCERTAINTY... LET'S TAKE CARE OF OURSELVES

MENTAL HEALTH MATTERS

ACROSS

- To sustain physical effort for good health
- To develop a positive or inspirational outlook for the future
- To maintain contact with others
- To be protected from or unlikely to cause danger, risk, or injury
- To create a period of focused mindfulness or spiritual relaxation
- To connect to 1 or more people using a variety of senses or outlets
- To be a good near-by resident, bystander or acquaintance
- To place confidence and belief in a person or thing
- To rest unconscious, with eyes closed
- To speak to someone or others and to express ideas or feelings
- To extend muscles or limbs as a form of exercise
- To express one's self through imaginative ideas

DOWN

- To be amused and have lighthearted pleasure
- To arrange in a structured order or whole
- To unravel, loosen up and relax
- To be sound and well and not sick
- To make or become less tense and anxious
- To adopt an attitude in which you expect good results
- To drink water or consume combined elements with water
- To cease from work or movement
- To put healthy food in your mouth, chew and swallow

Crossword Answers:
 ACROSS: 1. EXERCISE, 2. OPTIMISM, 3. COMMUNITY, 4. PROTECT, 5. MEDITATION, 6. CONNECT, 7. NEIGHBOR, 8. BELIEVE, 9. UNCONSCIOUS, 10. SPEAK, 11. EXERCISE, 12. COMBINE.
 DOWN: 1. AMUSE, 2. ORDER, 3. UNRAVEL, 4. SOUND, 5. ANXIOUS, 6. EXPECT, 7. HYDRATE, 8. STOP, 9. SWALLOW.

COVID 19 - (401) 222-8022 | BH LINK - (401) 414-5465
WWW.BLACKSTONEVALLEYPREVENTIONCOALITION.COM
 #MENTALHEALTHMATTERSRI

• WE ARE ALL IN THIS TOGETHER • WE ARE APART BUT TOGETHER •

DURING THIS TIME OF UNCERTAINTY... WE ARE ALL IN THIS TOGETHER..!

Know the Five Signs of Emotional Suffering

Personality Changed? Feeling Agitated? Feeling Withdrawn? Poor Self-Care? Feeling Hopeless?

COVID 19 - (401) 222-8022 | BH LINK - (401) 414-5465

#MENTALHEALTHMATTERSRI

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 #ChangeDirection ChangeDirection.org

the campaign to **changeDirection.**
 © 2015 Give an Hour

FIND THE ALCOHOL RELATED WORDS

1. Alcohol **7. Substance** **13. Drug** **19. Drinking**
2. Sobriety **8. Disorder** **14. Poisoning** **20. Rehabilitation**
3. Help **9. Addiction** **15. Accidents** **21. Relapse**
4. Group **10. Counseling** **16. Impaired** **22. Inebriation**
5. DUI **11. Therapy** **17. Depressant** **23. Dependence**
6. Withdrawal **12. Denial** **18. Binge** **24. BAL**

If you or someone else needs assistance, please call:
BH LINK 401-414-LINK (5465) or KIDS LINK 855-543-LINK (5465)

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 LIKE US ON FACEBOOK

BLACKSTONE VALLEY PREVENTION COALITION

RX FOR PREVENTION OF DRUG ABUSE

BVPC Coalition Information

Personalized Medication List

Safe and Proper Disposal of Medications

Count It! Lock It! Drop It!

For: The Prevention of Drug Abuse
Symptoms: Drug Abuse
Remedy: Community Prevention
Dose: As Needed For Health & Well-Being
Use: Anyone & Everyone

Prevent, Recognize, Respond to an Overdose

Fentanyl Kills Stay Safe

Inspiring Stories of those in Recovery

Treatment and Recovery Resources

For More Information: blackstonevalleypreventioncoalition.com

OPIODS CAN CAUSE OVERDOSE... BE PREPARED..!



COUNT IT • LOCK IT • DROP IT

IF YOU OR SOMEONE ELSE NEEDS ASSISTANCE, PLEASE CALL:
 BH LINK (401) 414-LINK (5465) | KIDS LINK (855) 543-LINK (5465)
 BUPRENORPHINE HOTLINE: (401) 606-5456 | COVID (401) 222-8022

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f t i s tiktok: BVPCOALITION



THIS HOLIDAY SEASON AND ALWAYS MENTAL HEALTH MATTERS

STRESS & SADNESS INFORMATION AND TIPS

- SCHOOL WORK --- MAKE A LIST & PRIORITIZE
- SEEING FAMILY MEMBERS --- PLAN & PREPARE
- LOSS OF LOVED ONES --- TALK TO OTHERS
- GIFT GIVING --- FOCUS ON VALUES
- TAKING ON TOO MUCH --- REST AND SLEEP
- COLDER & DARKER DAYS --- EAT HEALTHY & EXERCISE
- YEAR END REFLECTION --- FOCUS ON FUTURE
- CYBER BULLYING --- TAKE A BREAK FROM SOCIAL MEDIA
- SOCIAL MEDIA DEMANDS --- WATCH A MOVIE, LISTEN TO MUSIC, READ A BOOK
- LONELINESS --- VOLUNTEER



#MENTALHEALTHMATTERSRI

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SUICIDE AWARENESS

WHATEVER THE PROBLEM... SUICIDE IS NEVER THE SOLUTION



**PAY ATTENTION TO YOUR CHILD'S MOODS & BEHAVIORS
 TALK EARLY | TALK OFTEN | AND LISTEN**

IF YOU OR SOMEONE ELSE NEEDS ASSISTANCE, PLEASE CALL:
 NATIONAL SUICIDE PREVENTION LIFELINE: 800-273-TALK
 KIDSLINK: 855-543-5465
 CRISIS TEXT LINE TEXT (HOME) TO 741741

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SELF CARE MATTERS

YOU CAN'T HELP OTHERS IF YOU DON'T HELP YOURSELF

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