

YOUR CHILD IS COUNTING ON YOU

You know when something's wrong. She might not.

Half of the young people in Prince George's County will face a mental health challenge before the age of 18.*

WE CAN HELP
FREE, 24/7



MARYLAND HOTLINE
800-422-0009
OR **211**



CRISIS TEXT LINE
TEXT MD
TO **741741**

STEP FORWARD
EMPOWERING YOUNG PEOPLE, ADULTS, AND FAMILIES TO LEAD HEALTHIER LIVES



Rushern L. Baker, III
County Executive

HEALTH DEPARTMENT
Prince George's County

CRISIS TEXT LINE |

GENERAL INFORMATION 301-856-9500
WWW.PGCHEALTHZONE.ORG/TREATMENT

Funded by the Substance Abuse and
Mental Health Services Administration

*Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication--Adolescent Supplement (NCS-A). J Am Acad Child Adolesc Psychiatry. 2010 Oct;49(10):980-9.



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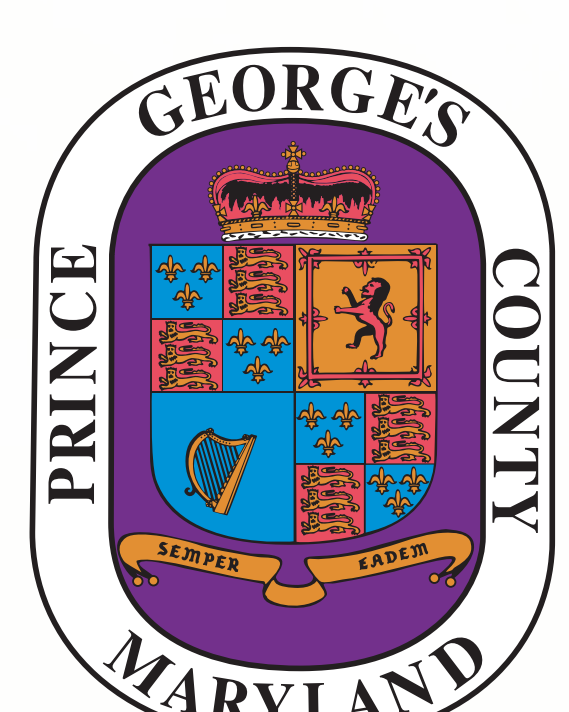
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YOU DON'T HAVE TO SUFFER

Life may test you,
but you can feel
good again.

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YOU DON'T HAVE TO HURT

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ADDICTED

WHO IS ADDICTED MAY SURPRISE YOU

One in 10 of us is addicted — possibly 90,000 in Prince George's County.*

That one could be someone you love.

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*NIDA. "Nationwide Trends." National Institute on Drug Abuse, 25 Jun. 2015

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“I’M OK!”

— John P., Prince George’s County, MD

One in six of us will have a mental health challenge at some point in our lives. But we can feel good again.

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