



Petting a dog helps to keep your blood pressure under control when you're stressed.

Wash your mustache with soap and water twice a day to reduce allergy symptoms.



Small changes in your routine – even just switching the radio station – can help you kick bad habits.



Teen Gambling Warning Signs

- Unexplained absences from school or classes
- Sudden drop in grades
- Change of personality or behavior
- Exaggerated display of money
- Bragging about gambling activities
- Intense interest in gambling conversations
- Unusual interest in sports scores
- Unaccountable explanation for new items of value in possession
- Borrowing or stealing money
- Using earmarked money for gambling
- Withdrawing from family and friends
- Uncharacteristically forgetting appointments or other important dates
- Exaggerated use of word 'bet' OR OTHER gambling language in conversations

Get help or more information today:



1-877-8-HOPENY

Find Help for **1-877-846-7369**
Alcoholism, Drug Abuse, Problem Gambling

DID YOU KNOW...

Little known facts to help **TEENS** stay healthy.





Dentists recommend your toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.



Gambling is NOT a safe activity for teens. The earlier you start gambling, the more likely you are to become **ADDICTED.**



In the long run, you'll profit more by putting your money in the bank than you will gambling it away.

Laughter helps improve the immune system, increase pain tolerance, and reduce stress.



The stall closest to the restroom door consistently has the lowest bacteria levels.

Teens who gamble are more likely to...

- Have depression issues
- Get lower grades
- Use illegal drugs
- Get into fights
- Have a low self-esteem
- Attempt suicide

Gambling can very quickly turn into an **ADDICTION.**