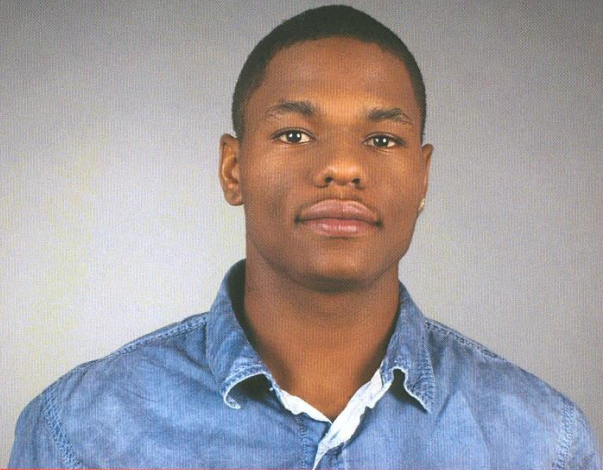


DON'T WAIT TO TALK ABOUT YOUR DEPRESSION OR SUBSTANCE ABUSE.

**START SIMPLE.
JUST TELL ONE.**



Talking to one trusted person about your depression or substance abuse can be a huge relief. It reminds you that you're not alone. It gives you hope. And it's the first step in getting the treatment you deserve.

NOW'S THE TIME TO START YOUR CONVERSATION.



DEPRESSION

Depression isn't your fault or something to be ashamed of—it's a real medical condition, and treatment is available.



SUICIDE

No matter how bad things get, taking your own life is never the answer. There's always a better way.



ALCOHOL ABUSE

Drinking may not seem like a big deal, but alcohol can be addictive and lead to a number of health problems.



BE A POSITIVE INFLUENCE.

If a young person chooses you as his or her trusted person to talk to, you don't need to be an expert to offer support. Listen. Don't judge. Help.



DRUG ABUSE

Left untreated, recreational or prescription drug abuse can be harmful to your body and take over your life.

**FOR TIPS ON HOW TO START
THE CONVERSATION,
CALL OR VISIT OUR WEBSITE:**

JustTellOne.org is a collaboration of mental and behavioral health agencies across all eight counties in Western New York.

Just Tell **ONE**.org

716.245.6JT1 (6581)

