



*TEACHING STUDENTS DECISION MAKING
FOR SAFE & HEALTHY LIVING*

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Re: D.A.R.E. High School Mental Health lesson

- D.A.R.E. is collaborating with the American Foundation for Suicide Prevention to create a mental health lesson for high school teens
- The lesson's goals are to:
 - Recognize the signs and symptoms of mental health difficulties in themselves and others
 - Recognize that depression is an illness and responds to treatment
 - Recognize that alcohol and other drugs have a negative effect on mental health
 - Understand how to seek help with mental health
 - Identify treatment that is available and effective
- The lesson will be available to D.A.R.E. Officers in Summer 2019

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DRUG ABUSE RESISTANCE EDUCATION

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