

**I WANT
TO HELP.**

**ANYONE.
EVERYONE.**

Stand up against meth in your community by putting these actions into practice. Consider how you can support those dealing with the issue, even if you don't know someone directly impacted.

- Educate yourself on the signs of meth use.
- If you suspect someone is using meth or you see meth-related activity, call local law enforcement or reach out anonymously to Project StandUp at 605-394-1884 or text "DRUGS" to 82257.
- Volunteer with an organization that supports those impacted by meth.
- Work with law enforcement to set up watch programs in your neighborhood.
- Start a peer leader organization in your school to educate youth on substance use and provide support for those who need help.
- Form or join a local coalition to combat substance use and provide education in your community.
- Organize prevention education events in your community.
- Build communication channels with your children by listening and sharing the consequences of using meth, even once.
- Employ strategies to reduce your child's risk for substance use.

TO LEARN MORE OR FOR MORE RESOURCES, VISIT WWW.ONMETH.COM, CALL 1-800-920-4343 OR TEXT "ONMETH" TO 898211.