

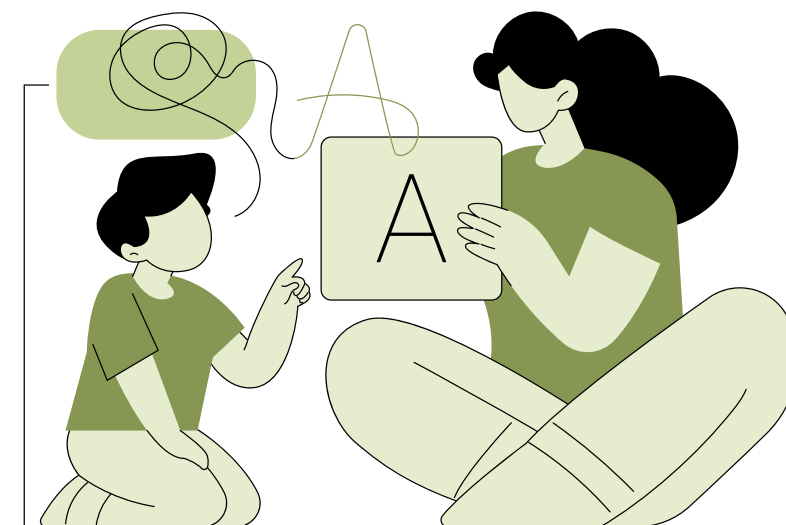
Five

Ways We Support Youth Without Judgment

1

START WITH A CONVERSATION

Create a safe, welcoming, and private space where youth can talk openly about substance use, stress, relationships, school, work, mental health, or other challenges. We listen first, respect each young person's experiences, and avoid blame, assumptions, or labels.



3

CONNECT MENTAL HEALTH & SUBSTANCE USE

Mental health and substance use can affect one another in many ways. Support may include exploring stress, coping, trauma, anxiety, relationships, and other factors that may influence a young person's experiences and well-being.



4

BUILD COPING & LIFE SKILLS

Support youth in discovering healthy ways to manage difficult emotions, stress, and everyday pressures. This may include creative activities, physical activity, routines, peer support, goal-setting, problem-solving, and other skills that promote resilience and confidence.



2



FOCUS ON SAFETY & HARM REDUCTION

Share practical, non-judgmental information that helps reduce risks and supports safer choices. Harm reduction means meeting youth where they are, respecting their choices, and working with them to prioritize their health, safety, and well-being.

5

NAVIGATE SUPPORT & COMMUNITY

Help reduce barriers by connecting youth with appropriate services, community resources, and trusted supports. Building strong relationships, a sense of belonging, and positive connections can make it easier for young people to ask for help and stay connected.

