



**talk**  
they hear you®

## HELP THEM BLOOM.

Take the time to talk about alcohol and other drugs.

Everyday situations are great opportunities to start talking with young people in your community about the risks and dangers of underage drinking and other drug use. Be a good source of information. Encourage open and honest conversations. For tips on how—and when—to begin the conversation, visit [talktheyhearyou.samhsa.gov](https://talktheyhearyou.samhsa.gov)



#TalkTheyHearYou

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Substance Abuse and Mental Health  
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