



The Substance Abuse and Mental Health Services Administration's Family Guide Web Site

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FEATURED ARTICLE

Resolving Conflicts: Lessons for Life

E-Cards



Designed for parents and other adults involved in the lives of 7- to 18-year-olds, the Family Guide Web site emphasizes the importance of family, promotes mental health, and helps prevent underage use of alcohol, tobacco, and illegal drugs.

IN THE NEWS

- Youth Smoking Prevention Programs Common
- Preteen Daters More Likely to Take Up Smoking: Study

Welcome

- Talk with Your Child
- Get Involved
- Set Rules
- Be a Good Role Model
- Teach Kids To Choose Friends Wisely
- Monitor Your Child's Activities

Resources

- Drug Facts
- Getting Treatment
- Links
- Mental Health Dictionary
- Videos
- E-Cards
- Activities
- Fun Coupons
- Things to Do
- Conversation Starters

**START TALKING
BEFORE THEY
START DRINKING**

- Parent Guide
- Underage Drinking Links for Parents



A Family Guide To Keeping Youth Mentally Healthy & Drug Free is a public education Web site to help adults promote mental health and prevent the use of alcohol, tobacco, and illegal drugs among 7- to 18-year-olds.

Special features include:

- Video vignettes
- Research-based articles
- Activities for adults to use with children
- Newsroom
- Treatment resources and other links
- Fun coupons & e-cards
- Family activities
- Conversation starters & quizzes.



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