

# Audio Health Library

## Student / Parent Awareness Line

### Student/Parent Awareness Line

Call one of the following numbers:

**972-215-5468**

**972-215-5469**

When you need information on any of these topics, press the three digit message number when you are asked. Instructions follow each message.

The Awareness Line is **NOT** to be used for emergency help. If it is an emergency, please hang up and call 911.



Alcohol	
101	Do I drink too much?
102	Alcoholism: What is it?
103	Alcoholics Anonymous & other groups
104	ALATEEN: Help for the young person
105	College Students and Drinking
106	Alcohol and Drugs Don't Mix
107	Alcohol and Health
Cocaine	
131	Crack Cocaine
132	Facts about Cocaine
133	Your Money/Your Life: Cocaine Takes Both
Marijuana	
124	Are there medical uses for marijuana?
125	Is marijuana harmful to my body?
126	Marijuana: Fact & Fiction
127	Marijuana: Other Asked Questions
128	Marijuana: High Last Longer Than You Think
129	Marijuana: The Mental Effects
Tobacco	
110	Cigarettes, Pipes & Snuff
111	Smokeless Tobacco
112	Cove Cigarettes
113	Effects of Cigarette Smoke on Non-Smokers
114	Why Should I Quit Smoking?
115	Are You Ready to Quit Smoking?
116	How to Quit Smoking
117	Six Facts about Kids and Smoking
118	Teens & Tobacco: What's Really In?
119	Tobacco Questionnaire
120	Teenage Girls as the Target of the Tobacco Industry
121	Telephone Quit Lines
122	The Problem of Smoking During Pregnancy
Other Drugs	
135	Steroids
136	Barbiturates and Other Downers
137	ICE: Social Methamphetamine
138	Heroin and other Opiates
139	Inhalants ... Sniffing and Huffing
140	LSD and Other Hallucinogens
141	MDMA: A drug Called Ecstasy

142	PCP ... It Really is That Bad
143	Downers
144	Caffeine: Friend or Foe?
145	Crack: Concern of the Town
146	Designer Drugs Aren't Fashionable
147	Speed Still Kills
148	Valium, Librium & Sleeping Pills
Just Say No	
150	Good Reasons for Saying "No"
151	Saying "No" to Drugs is the Adult Thing to Do
152	Three Steps to Say "No"
153	Ways for a Young Adult to Say "No"
154	When it's Hard to say "No"
Anger and Stress	
156	Anger Management
157	Anger: Ways Not to Handle It
158	Stress: Coping with Stress
159	Stress: Eating for Less Stress
160	Stress: Exercise as a Stress Control Tool
161	Stress: Relaxation Techniques
162	Stress Management
163	Stress Management for Young People
164	Stress: Do I have a problem?
165	Stress: What is it?
166	Understanding Stress in Children
167	Understanding Stress in Adolescents
168	Your Mind as a Stress Manager
169	Post Traumatic Stress Disorder
Depression	
171	Depression: What is it?
172	Depression: Do I have a Problem?
173	Helping Someone Who is Depressed
174	Depression: Helping Yourself
175	Depression in Children & Adolescents
176	Manic Depression
177	Suicide Warning Signals
178	Suicide: Helping Those Left Behind
179	Teenage Suicide
180	Effects of Anxiety
181	Panic Disorder
182	Grieving a Loss
183	Schizophrenia

<b>Parenting (General)</b>	
185	Child Abuse: Emotional
186	Child Abuse: Neglect
187	Child Abuse: Physical
188	Child Abuse: Sexual
189	Am I a Good Parent?
190	Talking with Your Children
191	Talking with Your Teenager
192	Children of Divorce
193	Effective Use of TV in the Home
194	Single Parenting: Today's Challenge
195	Homework: Skills for a Lifetime
<b>Parenting (Child Development)</b>	
197	Making Your Child More Independent
198	Common Sense Parenting: Dinner Time
199	Common Sense Parenting: Bedtime
200	Helping Children with Morning Routines
201	Parent-Child Interaction: How to Improve It
202	Children and Two Parent Working Families
203	Children and Stepfamilies
204	Children and Household Chores
205	Children and Divorce
<b>Parenting (Child Behavior)</b>	
207	Self Control
208	Anger Control Problems
209	Shyness
210	Children & Temperament Styles
211	Attention Deficit Hyperactivity Disorder
212	Children and Reactions to Death
213	Children and Moving
214	Encopresis or Soiling
215	Enuresis or Wetting/Bedwetting
216	Stealing
217	Fears and Phobias
218	Children and Depression
219	Children and Anxiety
220	Children and Thumb Sucking
221	Children and Television (TV)
<b>Personal Growth</b>	
223	Achievement: Words of Wisdom
224	Assertiveness
225	Being a Role Model

226	Belonging to the Community
227	Building Self Esteem
228	But Not Everyone's Doing It
229	Conflict: What is it?
230	Conflict: How to Resolve it
231	Cooperating
232	Decision Making
233	Friends: People I'm Proud Of
234	Gangs or Groups: The Decision is Yours
235	Gangs: Facts vs. Fiction
236	Goal Setting
237	Leadership: We All Have It
238	Needs and Wants
<b>Nutrition - Diet - Weigh Control</b>	
240	A Well Balance Diet
241	Anorexia Nervosa
242	Are you overweight or over fat?
243	Bulimia
244	Causes of Obesity
245	Compulsive Overeating: What is it?
246	Dietary Fat & Cholesterol: The Difference
247	Fast Foods: Consider Your Choices
248	Fiber in Your Diet
249	Fight Osteoporosis: Bone Up on Calcium
250	Learning Habit for Lasting Weight Control
251	Nutrition for Athletes
252	Preventing Diet Relapse
253	Sensible Weight Loss
254	Sports Nutrition: Energy Sources
255	Sugar or Artificial Sweetener
256	Understanding Your Blood Cholesterol Level
257	Using Food Labels
258	Wise Weight Management
<b>Health and Fitness</b>	
260	Aerobic Fitness
261	Finding Time for Fitness
262	Healthy Skin
263	Exercise & Diet
<b>Figuring Out if You Have a Problem</b>	
265	Can I Spot a Drug User?
266	Problem Gambling
267	Do I have a Chemical Problem?

268	Drug Abuse Information for Parents Only
269	How to Know if You're Hooked
270	Is My Child at High Risk?
271	Is Our Home Part of the Problem?
272	Is There a Chemical Problem in our House?
273	What to Do if Your Child Has a Drug Problem
274	What if a Loved One Has a Chemical Problem?
275	Self-Help Options
276	What is a Self-Help Group?
<b>Learning Disabilities</b>	
278	What are Learning Disabilities?
279	Types of Learning Disabilities
280	Therapy and Learning Disabilities
281	CHADD - Attention Deficit Disorder
282	Obsessive/Compulsive Disorder
283	Developmental Disabilities
284	Autism



**For Additional Info & Help:**

Betty Ford Center - Children & Family Program  
972-753-0001

Family Outreach of Irving, Inc.  
972-721-6591

Irving Family Advocacy Center  
972-721-6555

Irving Health Center  
214-266-3000

Timberlawn Psychiatric Hospital  
214-381-7181

Las Colinas Office  
972-717-3530 x 100

For additional resources, please contact  
your school counselor