

MONTHLY 988

EACH MONTH THE ALLEGHANY HIGHLANDS HEALTHY YOUTH COALITION PARTNERS WITH A LOCAL BUSINESS TO DISTRIBUTE 988 STICKERS TO THE COMMUNITY! THIS MONTH WE PARTNERED WITH 42 DELI IN CLIFTON FORGE.



YOUTH MENTAL HEALTH FIRST AID

THIS COURSE IS DESIGNED TO TEACH PARENTS, FAMILY MEMBERS, CAREGIVERS, TEACHERS, SCHOOL STAFF, NEIGHBORS, HEALTH AND HUMAN SERVICES WORKERS, AND OTHER CARING CITIZENS HOW TO HELP AN ADOLESCENT (AGE 12-18) WHO IS EXPERIENCING A MENTAL HEALTH, ADDICTIONS CHALLENGE, OR IS IN CRISIS. THE COURSE INTRODUCES COMMON MENTAL HEALTH CHALLENGES FOR YOUTH, REVIEWS TYPICAL ADOLESCENT DEVELOPMENT, AND TEACHES A 5-STEP ACTION PLAN FOR HOW TO HELP YOUNG PEOPLE IN BOTH CRISIS AND NON-CRISIS SITUATIONS.



ALLEGHANY HIGHLANDS HEALTHY YOUTH COALITION

ALLEGHANY HIGHLANDS HEALTHY YOUTH COALITION MEETS THE FIRST THURSDAY OF EVERY MONTH AT CUCCI'S AT 12:15PM. PLEASE FREE TO JOIN US FOR THE MEETING IF YOU WOULD LIKE TO MAKE A DIFFERENCE IN YOUR COMMUNITY.



FEELING BLUE
THIS CHRISTMAS?

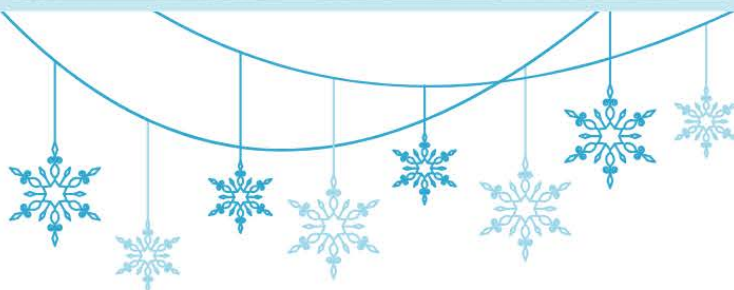
CALL OR TEXT 988

SUICIDE + CRISIS HOTLINE



COVINGTON CHRISTMAS PARADE

ALLEGHANY HIGHLANDS HEALTHY YOUTH COALITION PARTICIPATED IN THE COVINGTON CHRISTMAS PARADE. 988 SUICIDE & CRISIS LIFELINE INFORMATION, HOUSEHOLD ITEMS, AND CANDY WERE GIVEN OUT!





NOVEMBER 2024 PREVENTION

JANUARY 2025 ACTIVITIES

ACTIVITY COUNT: 4
PEOPLE REACHED: 220

01/25/2025 - WINTER BASH AT YMCA
FROM 1PM TO 5PM



Live Well Allegheny Highlands

**RESOURCE
GUIDE**



LIVE WELL ALLEGHANY HIGHLANDS
Our community, our health, our future

