

# FIRST AID FOR PARENTS

## JIM MARSHALL, CODY'S GIFT

### DRUG AWARENESS, PREVENTION & EDUCATION

As a parent/educator/coach for the past 30+ years Jim Marshall has impacted more lives than he can count. He speaks to not only students but to parents and other adults about the death of his son, Cody and how they too can help others seek help with drug addiction. His presentation gives up to date statistics on the drug use in Missouri as well as the signs to recognize when a person is becoming dependent on drugs. Jim believes that lack of knowledge and information on the prevalence of drug abuse amongst our youth has contributed to the poor choices made by our youth. Every adult needs to be informed and Jim can deliver the truth very profoundly.



## DID YOU KNOW?

- 2.5 million grandparent run families , 1 million due to opioid epidemic
- 4 million kids 6-12 are taking psychiatric drugs
- One in five college students use prescription pills not prescribed to them
- 30% of all teens suffer from depression episode before adult hood
- 1 in five adolescents have severe mental health issue
- 70% of adolescents never receive help for , mental health issues



**ANNE MARIE  
PROJECT**

**For more info or to schedule an event contact :**

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COURAGE**

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# WARNING SIGNS of mental health issues

Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).

Trying to harm or kill oneself or making plans to do so.

Out-of-control, risk-taking behaviors that can cause harm to self or others.

Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.

Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.

Severe mood swings that cause problems in relationships. Repeated use of drugs or alcohol.

Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).

Extreme difficulty in concentrating or staying still that can lead to failure in school.

Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

## RESOURCES

SUICIDE HOTLINE.....	800-273-8255
ADDICTION HOTLINE.....	877-226-3111
EATING DISORDER HOTLINE .....	844-228-2962
SELF HARM HOTLINE .....	877-455-0628
DEPRESSION HOTLINE.....	888-640-5174
SEXUAL ASSAULT HOTLINE .....	800-656-4673
TRANS LIFELINE .....	877-565-8860
TREVOR PROJECT .....	866-488-7386
DOMESTIC VIOLENCE HOTLINE .....	800-799-7233
MISSOURI RECOVERY NETWORK.....	573-634-1029
PHOENIX HOUSE.....	888-671-9392
TEEN REHAB .....	888-611-2768
DRUG FREE KIDS .....	855-378-4373