

WARNING SIGNS

The following may be signs that a teenager is at risk of falling into drug abuse or criminality.

If he or she

- Stops attending/caring about school
- Unexpectedly changes friends
- Suddenly has expensive clothes or new belongings and you do not understand how he or she can afford them
- Starts behaving differently or oddly towards you
- Changes his or her habits or routines and you do not understand why
- Sells valuables that belong to him or her personally or the family, or expensive things turn up missing

But remember that all children and adolescents change and develop. This is entirely normal and is a natural part of this phase in life.

If you notice changes that concern you, ask questions and talk about it! This shows that you care. You will also get more information that makes it easier for you to understand the teenager.

hassela helpline

0200 - 220 555

Phone us or visit our website for current information about the languages in which we can provide service.

www.hasselahelpline.se
info@hasselahelpline.se

Hassela Helpline – a multi-lingual helpline for everyone who has questions about teenagers at risk.

*Are you worried
about what your teenager
is doing right now?*

hassela helpline

0200 - 220 555

Multi-lingual helpline
concerning teenagers at risk

You are not alone. Everywhere, all over Sweden, there are parents, siblings, friends and others who are worried, too.

YOU CAN REMAIN ANONYMOUS

Hassela Helpline is run by Hasselarörelsen. We are not a government agency. You can remain anonymous when you phone us. The people who work the helpline speak a variety of languages. We can all speak Swedish and at least one additional language.

YOU CAN PHONE HASSELA HELPLINE IF YOU

- Are worried about someone and need to talk
- Need support or advice and suggestions about what you can do
- Want someone to listen to you while you work out what feels right for you to do
- Want to know where you and the teenager can go for help in your community

YOU HAVE NOTHING TO LOSE BY PHONING

You don't have to be ashamed or feel guilty. You decide what you want to talk about. You are not alone. This is more common than you think. Everywhere, all over Sweden, there are parents, siblings, friends and others who are worried about someone.

Is your daughter drinking too much?



Does your brother turn up with new mobile phones a lot?

TO THOSE OF YOU WHO CARE

Admit the problem

If you have the courage to see the truth, you have already started to help.

Talk to the person you are concerned about

This can be difficult, but do it anyway. Tell him or her what you suspect. Ask about the things that are worrying you.

Talk to others

It is often easier to solve problems when people work together.

TO PARENTS

Get involved in your child's life

Talk to teachers, recreation leaders, sports coaches and other adults in your child's life.

Set clear boundaries for your child

Get help from other adults your child knows, likes and respects.

Have the courage to ask for help

These issues are hard to handle on your own. You do not have to be ashamed. This can happen to anyone.

Take responsibility

Do not give up – even if the situation seems hopeless. Your child needs you – even if he or she says the opposite. Your child's future is at stake.

THE PEOPLE AT HASSELA HELPLINE

We have a great deal of experience helping children and teenagers who are at risk of falling into drug abuse or criminality. We are used to working with parents, siblings, friends and others who care. We know how to support young people so that they manage to find the inner strength to develop their lives in a positive direction. We are used to listening and there is almost nothing we have not heard before.