



About TIME TO ACT

www.drugfree.org/timetoact

Created by the Partnership for a Drug-Free America, TIME TO ACT is a first-of-its kind online help resource for parents and caregivers ***who suspect or know their child is experimenting, using or has a problem with alcohol or drugs.***

Discovering that a teen is using drugs or alcohol is often a frightening experience for parents—many feel alone, ashamed, and confused about what to do next. Time To Act was created to ensure that every parent has free access, *on their own terms*, to the most current research-based information on how to help their child—and their family—take the next steps.

Time To Act is the only resource of its kind designed to address parents in an *active state of concern* about how to help their child, whether they've just begun to experiment or have a known drug or alcohol problem.

Through video and interactive multimedia modules, Time To Act offers step-by-step advice and compassionate guidance from substance abuse experts, family therapists, scientists and fellow parents to help steer families through the process of understanding drug and alcohol use, confronting a child, setting boundaries, and seeking outside help.

The sooner a parent gets help for a child in trouble, the better the outcome. Time To Act simplifies and streamlines what can often be a daunting and difficult process in order to help parents take action sooner.

Parents who have confronted substance use in their own families are the richest source of information and support for others who have just begun to address this health issue. In the spirit of building a supportive community of parents, Time To Act also features a multi-author blog where visitors can share stories and experts can weigh in on tough issues and answer questions.

The Partnership for a Drug-Free America is a nonprofit organization that unites parents, renowned scientists and communications professionals to help families raise healthy children. Best known for its research-based national public education programs, the Partnership motivates and equips parents to prevent their children from using drugs and alcohol, and to find help and treatment for family and friends in trouble. Learn more at drugfree.org

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