

NATIONAL CHILD ABUSE PREVENTION MONTH

Child abuse is not caused by one single thing, but there are characteristics that may put a family more at risk. These are called “risk factors.” When risk factors are present, it increases the likelihood of child abuse or neglect happening in your family. However, there are also characteristics that will decrease the likelihood of child abuse or neglect happening in your family, these are called “protective factors.” Protective factors act as an umbrella to protect children and their well-being.

Some protective factors include: having a nurturing and positive relationship with the child, having a strong support network, enforcing household rules and child monitoring, being present and interested in the child, and a community that is supportive and family-friendly.



Find out more at [CDC.gov](https://www.cdc.gov)

MENTAL HEALTH CORNER

April is Alcohol Awareness Month

Excessive drinking includes:



[cdc.gov/alcohol](https://www.cdc.gov/alcohol)



Your body can only handle small amounts of alcohol; too much alcohol can cause harm to your liver and other organs. Using alcohol excessively can have immediate and long-term consequences, especially to your health.

Short-term effects of alcohol use may include: injuries, violence, alcohol poisoning, overdose from combined use with other drugs, STIs, and unplanned pregnancies.

Long-term effects of alcohol use may include: several types of cancer, high blood pressure, heart and liver disease, stroke, digestive problems, mental health conditions, learning and memory issues, and trouble with relationships.

About 178,000 people die from excessive alcohol use each year in the US.

Find out more at [CDC.gov](https://www.cdc.gov)