



SUBSTANCE USE RESOURCES FOR ADOLESCENTS AND YOUNG ADULTS

YOUTH FRIENDLY SUBSTANCE USE ONLINE RESOURCES

- **Be Smart, Be Well:** This website delivers life-story videos, expert interviews, and in-depth articles on a variety of health topics, including Addiction and Drug Safety. <http://besmartbewell.com/addiction/>
- **Kelty Mental Health Resource Centre:** Resources are available on this website for youth and teens about substance use, including in-depth information on various substances and concurrent disorders, as well as steps to seek help. <http://keltymentalhealth.ca/substance-use>
- **Partnership for Drug-Free Kids:** This website works to reduce substance abuse among adolescents by supporting families and engaging with teens. <http://www.drugfree.org/>
- **The Cool Spot:** This website is a young teen's place for information on alcohol and helpful tips on recognizing peer pressure and how to resist it. <http://www.thecoolspot.gov/>
- **Truth Campaign:** This campaign provides information and uses videos and social media to engage youth in taking action against tobacco and tobacco companies. <http://www.thetruth.com/>
- **Your Room:** This website offers information about alcohol and a wide range of drugs, their effects, withdrawal, and how to get help for yourself or for anyone else who needs it. <http://yourroom.com.au/>

SUBSTANCE USE RESOURCE INSTITUTES

- **National Council on Alcohol and Drug Dependence:** This informational website provides support to those who need assistance confronting the diseases of alcoholism and drug dependence. <https://ncadd.org>
- **National Institute of Alcohol Abuse and Alcoholism:** NIAAA supports and conducts research on the impact of alcohol use on human health and wellbeing. They provide resources directed toward young people to evaluate your drinking and tools to stay in control. <http://rethinkingdrinking.niaaa.nih.gov/>
- **NIDA for Teens:** NIDA provides a wealth of knowledge and resources including easy-to-read guides about various drugs. Their website for adolescents includes videos, blog posts, and drug facts. <http://teens.drugabuse.gov/>
- **Substance Abuse and Mental Health Services Administrations:** SAMHSA works to reduce the impact of substance abuse and mental illness on America's communities, including through a series of workbooks for teens and substance use. <http://store.samhsa.gov/list/series?name=Tips-for-Teens>

TREATMENT SERVICE LOCATORS

- **Behavioral Health Treatment Services Locator:** Find treatment facilities for substance abuse/addiction and/or mental health problems. <https://findtreatment.samhsa.gov/>
- **Buprenorphine Treatment Physician Locator:** Find physicians authorized to treat opioid dependency with buprenorphine by state. <http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>
- **National Council on Alcoholism and Drug Dependence:** Find your nearest affiliate who will provide professional guidance and support. <https://ncadd.org/people-in-recovery/local-resources>
- **Opioid Treatment Program Directory:** Search opioid treatment programs by state. <http://dpt2.samhsa.gov/treatment/directory.aspx>
- **Sober Nation Treatment Locator:** An extensive directory of recovery centers <http://www.sobernation.com/>
- **Substance Abuse Treatment Facility Locator:** Find drug and alcohol abuse treatment programs by state. <https://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>

SUPPORT GROUPS

- **Al-Anon Family for Teens:** A group for problem drinkers who can find understanding and support through group meetings, podcasts, and other resources. <http://www.al-anon.alateen.org/for-alateen>
- **Alcohol Anonymous:** The AA website can help young people find AA meetings near them and has brochures directed at young people. http://www.aa.org/pages/en_US
- **Narcotics Anonymous:** The NA website can help young people find NA meetings near them and has resources including brochures for young addicts. <http://www.na.org/>
- **National Alcohol and Substance Abuse Information Center:** Visit www.addictioncareoptions.com/ or call 800-784-6776 to find the leading drug addiction treatment and alcohol rehabs.
- **Smart Recovery:** SMART Recovery is a leading self-empowering addiction recovery support group. The website provides resources for teens and youth support programs, meeting locations, and an online community. <http://www.smartrecovery.org/teens/>

HELPLINES

- **Crisis Call Center:** Visit <http://crisiscallcenter.org/>, call 1-800-273-8255, or text “ANSWER” to 839863
- **Crisis Text Line:** Visit www.crisistextline.org/ or text “START” to 741-741
- **Lifeline Crisis Chat:** Visit www.crisischat.org/ to chat with crisis centers across the U.S.
- **National Suicide Prevention Lifeline :** Visit www.suicidepreventionlifeline.org/ or call 1-800-273-TALK (8255)
- **SAMHSA’s Helpline:** Visit www.samhsa.gov/find-help/national-helpline or call 1-800-662-HELP (4357)