



# Chemical Health Summer Support



## Immediate Help and/or Support Outside of Normal School Hours

- [SAMHSA's National Helpline](#)
- [Gobi Intervention Program](#)
- [Fast-Tracker \(substance use disorder resources and up to date availability to resources in MN\)](#)

## Support/Education

- [National Institute on Drug Abuse](#)
- [Gobi](#) (offers both prevention and intervention support)
- [Partnership to End Addiction](#)
- [NIDA for Teens-up to date info on corona virus and links to CDC and NIH](#)
- [Hazelden Betty Ford - Connection Recovery Coach](#)
- [In the Room](#) (support with finding treatment, resources, meetings)
- [Just Five](#) (information in under five minutes around concepts and facts around addiction)

## Vaping Resources

Electronic nicotine delivery systems (ENDS, e-cig, vape pen to name a few) are very popular due to the direct marketing of these devices towards our youth by the tobacco companies. Below are reputable sites that offer a wealth of information for both parents and students, sharing accurate, up-to-date information on the vaping crisis that our country is facing at this time:

- [How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction | Where Families Find Answers](#)
- [E-cigarettes - Tobacco Prevention and Control - Minnesota Department of Health](#)
- [Preventing the use of E-Cigarettes / Vaping among youth](#)
- [Helping Teens Quit Smoking and Vaping | American Lung Association](#)
- [Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents](#)
- [TheTruth.com](#)

## Vaping/e-cig Cessation Resources

[Smokefree Teen](#)  
[BecomeAnEX](#)  
[My Life My Quit](#)

[This is Quitting](#)  
[Quit Partner](#)  
[Quit the Hit's \(@quitthehit\)](#)

## Alcohol/Other Drug Resources

As a parent it can be frightening to find out your child may be using mood-altering substances. There are several sites that help you find answers to your questions as well as find support for the entire family.

- Partnership to End Addiction:  
[Partnership to End Addiction - Partnership to End Addiction | Where Families Find Answers](#), for parent support:  
[Parent Helpline - Help & Support to Address Your Child's Substance Use - Partnership to End Addiction | Where Families Find Answers](#)
- National Institute on Drug Abuse for Teens (NIDA):  
[Parents: Facts on Teen Drug Use](#)
- Substance Abuse and Mental Health Services Administration (SAMSHA):  
[Parent & Caregiver Resources | SAMHSA](#)

For a more comprehensive list of community resources, please refer to the chemical health website [here](#).