

## Substance Abuse Resources

### Vaping/Smoking Resources

Resources you may find helpful if seeking help on your own:

#### Smokefree Teen

- *quitSTART* is a free app that helps you quit smoking with tailored tips, inspiration, and challenges
- [teen.smokefree.gov](http://teen.smokefree.gov)

#### Truth Initiative

- *BecomeAnEx* app is a free, digital quit-smoking plan and online community
- *This is Quitting* is a free mobile program from Truth Initiative designed to help young people quit vaping. To enroll, text DITCHJUUL to 88709
- [truthinitiative.org](http://truthinitiative.org)

#### 2Morrow

- A vaping cessation app designed for young people who want to quit
- [2morrowinc.com/vaping-cessation](http://2morrowinc.com/vaping-cessation)

#### Washington Recovery Help Line

- A 24-hour help line for substance abuse and mental health challenges
- [warecoveryhelpline.org](http://warecoveryhelpline.org)
- (866) 789-1511

#### Washington State Tobacco Quitline

- A help line for those ready to quit smoking or vaping
- (800) 784-8669

#### Quit for Life

- Online tools and resources to help you quit smoking or vaping
- [quitnow.net/](http://quitnow.net/)

### Alcohol Abuse Resources

#### Start Talking Now

- Offers resources for teens and parents on alcohol and marijuana use
- [starttalkingnow.org](http://starttalkingnow.org)

#### Parent-Teen Driving Agreement

- An agreement worksheet for teens and parents
- <https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Teen-Driving-Agreement.aspx>

### Professional Substance Abuse Resources

Resources you may find helpful if seeking professional help:

#### Boulder Care (Telehealth)

- Accepts many public and private insurance plans. Telehealth addiction treatment on your terms
- [boulder.care](http://boulder.care)

#### Youth Eastside Services (Bellevue, Redmond, Kirkland)

- Accepts private insurance & Medicaid. Serves Lake Washington & Bellevue school districts
- (425) 747-4937

#### Friends of Youth

(Issaquah, Duvall, Snoqualmie)

- Accepts private insurance & Medicaid. Serves Issaquah, Riverview, & Snoqualmie school districts
- (425) 392-6367

#### Ryther

(Bellevue & Seattle)

- Accepts private insurance & Medicaid. Serves Lake Washington & Bellevue school districts
- (206) 517-0218

#### Northshore Youth & Family Services (Bothell)

- Accepts private insurance & Medicaid. Serves Northshore school district
- (425) 485-6541

#### Renton Area Youth & Family Services (Renton, Skyway, Tukwila)

- Accepts private insurance & Medicaid. Serves Renton school district
- (425) 271-5600