

## Substance Use Resources

### Overdose Prevention Resources

#### End Overdose

- Resources to prevent drug-related overdose deaths including free test strips and Naloxone kits
- [endoverdose.net](http://endoverdose.net)

### Vaping/Smoking Resources

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

#### Smokefree Teen

- *quitSTART* is a free app
- [teen.smokefree.gov](http://teen.smokefree.gov)

#### Truth Initiative

- *BecomeAnEx* and *This is Quitting* apps available
- [truthinitiative.org](http://truthinitiative.org)

#### 2Morrow

- A vaping cessation app
- [2morrowinc.com/vaping-cessation](http://2morrowinc.com/vaping-cessation)

#### Washington Recovery Help Line

- (866) 789-1511

#### Washington State Tobacco Quitline

- (800) 784-8669

#### Quit for Life

- Online tools and resources
- [quitnow.net/](http://quitnow.net/)

#### QuitBot

- A free AI-powered app
- [quitbot.net/](http://quitbot.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 Use Resources

Resources you may find helpful if seeking professional help:

#### Community Mental Health Agencies

##### Youth Eastside Services

- (Bellevue, Redmond, Kirkland, Sammamish)
- (425) 747-4937, [youtheastideservices.org](http://youtheastideservices.org)

##### Friends of Youth

- (Issaquah, Duvall, North Bend)
- (425) 392-6367, [friendsofyouth.org](http://friendsofyouth.org)

##### Renton Area Youth & Family Services

- (Renton, Auburn, Tukwila)
- (425) 271-5600, [rays.org](http://rays.org)

##### Kent Youth & Family Services

- (South King County)
- (253) 859-0300, [kyfs.org](http://kyfs.org)

#### Private Mental Health Agencies

##### Boulder Care

- (Virtual)
- [boulder.care](http://boulder.care)

##### New Dawn

- (Tricare; Virtual)
- (252) 686-8091, [newdawnpsychiatricsvcs.com](http://newdawnpsychiatricsvcs.com)

##### Evidence Based Treatment Centers (EBTCS)

- (206) 374-0109, [ebtseattle.com](http://ebtseattle.com)

##### Newport

- (855) 403-2387, [newportacademy.com](http://newportacademy.com)

##### Hazelden Betty Ford

- (Virtual Only; Patients 12yo+)
- (844) 215-6031, [hazeldenbettyford.org](http://hazeldenbettyford.org)

##### Ryther

- (Bellevue & Seattle)
- (206) 517-0218, [ryther.org](http://ryther.org)

##### Navos

- (Medicaid Only)
- (206) 248-8226, [navos.org](http://navos.org)