

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

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

2Morrow

- A vaping cessation app designed for young people who want to quit
- 2morrowinc.com/vaping-cessation

Washington Recovery Help Line

- A 24-hour help line for substance abuse and mental health challenges
- 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/

Resources you may find helpful if seeking professional help:

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

Alcohol Abuse Resources

Start Talking Now

- Offers resources for teens and parents on alcohol and marijuana use
- 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>