

# Alcohol/Drug Resources for Teens

## 1) National Institute on Drug Abuse: For Teens

- <https://teens.drugabuse.gov/> Very easy to use website
- Drug Facts: Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!



## 2) Just Think Twice: <https://www.justthinktwice.com/>

- A website specifically for teens that shatters myths about drugs and drug abuse. Includes advice and true stories from teens to teens about drugs.
- Includes drug information for specific drugs
- Affiliated with the US Drug Enforcement Administration (DEA)

## 3) Above The Influence:

<http://abovetheinfluence.com/>

- Website dedicated to helping teens stand up to negative pressures and influences (including, but not limited to drugs and alcohol).

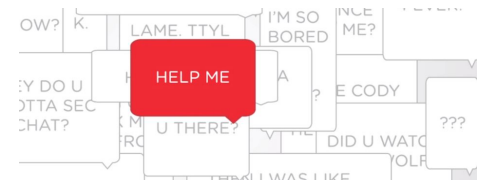


## 4) The Cool Spot: [www.thecoolspot.gov](http://www.thecoolspot.gov)

- A teens place for information on resisting underage drinking and peer pressure

## 4) Crisis Text Line:

- Crisis Text Line is free, 24/7 support for those in crisis.
- Text **741741** from anywhere in the USA to text with a trained Crisis Counselor.



## 5) Al-Anon/ Alateen

<http://www.al-anon.org/>

- Support for friends/family members who are affected by someone else's drinking
- Find support groups in your area

