

Alcohol/Substance Abuse Support

all underlined text are hyperlinks

Truths About Vaping

- [Tobacco Free CA](#)
- [Health Risks of Vaping](#)
- [5 Truths about Vaping](#)
- [Vaping Epidemic](#)

Websites for Abuse Support:

- [alcohol anonymous teen support groups](#)
- [Substance abuse national hotline](#)
- [National Youth Anti-Drug Media Campaign](#)
- [Rethinking your drinking](#)
- [How to be sober in college](#)
- [Resisting peer pressure](#)

Where to Get Help:

- [National Treatment Facility Locator](#)
- [Al-Anon Family groups for teens](#)
- [Al-Anon](#)

Phone Numbers:

PUSD Anonymous Student Support Tip-line
(925) 417-5199

National Hotline for Alcohol/Drug Abuse
(800) 622-2255

AL-ANON/AL-ANON TEEN Hotline
(800) 425-2666

Substance Abuse Mental Health Services
(800) 662-4357

<http://www.thisisquitting.com/>

Text Message Service for personal support to quit