

**Fighting alcohol, tobacco and drug abuse takes many resources.
The following are sites where parents can get answers and teens can get
reliable information, brochures and pamphlets about the
NUMBER ONE PUBLIC HEALTH PROBLEM IN AMERICA!**

<https://www.oasas.ny.gov> -- **NYS Office of Alcoholism and Substance Abuse Services:**

<http://www.niaaa.nih.gov> -- **National Institute on Alcohol Abuse and Alcoholism:**

<http://www.samhsa.gov/> --**Substance Abuse and Mental Health Services Administration**

www.dea.gov --**Drug Enforcement Administration**

-- **National Institute on Drug Abuse:**

<http://www.drugabuse.gov>

-- www.drugfreeworld.org

Real people-real stories for teens and adults. Free materials available.

-- www.checkyourself.org

A place for teens to check out where they are with alcohol and other drugs. Includes videos, quizzes, stories, "Moments of Truth," choices, and where to get help.

-- www.abovetheinfluence.com

Offers fun, facts and help for teens and young adults. Talks about pressure, why people take drugs, the science of addiction, depression and offers the opportunity to "test your brain."

-- www.healthyplace.com

For information and help on a variety of topics such as self-injury, OCD, anxiety, depression, ADHD, abuse, addictions, relationships, eating disorders, STD's, trauma, PTSD and more.

-- www.drugfree.org

Where families can go for information and help

Additional websites:

www.whitehousedrugpolicy.gov

www.helpingamericasyouth.gov

www.teens.drugabuse.gov

www.justthinktwice.com

www.thecoolspot.gov

www.freevibe.com

www.rethinkingdrinking.niaaa.nih.gov

www.marijuana-info.org

www.clubdrugs.org

www.steroidabuse.gov

www.hiv.drugabuse.gov

www.inhalants.drugabuse.gov

www.inhalants.org

www.al-anon.alateen.org

www.dosomething.org

www.jointogether.org

www.sttac.org

www.gamblingfever.org

www.nysmokefree.com

For information/help on variety of topics such as: self-injury, o.c.d, anxiety, depression, a.d.h.d, abuse, addictions, relationships, eating disorders, std's, trauma, ptsd and more:

www.healthyplace.com

www.helpguide.org

For More Information on Community Resources, Visit:

<http://www.flkids.com/parents/parents.htm> **Ontario County:**