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## Chemical Health: Education and Support Resources for Teens Dealing with Substance Use

Please contact **your school counselor, assistant principal, or [Youth Service Bureau's Chemical Health Specialists](#)** with any questions about resources and/or chemical health related issues.

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### Free Resources to Quit Vaping/Smoking

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[My Life, My Quit](#) – free and confidential support to help teen quit vaping nicotine and other tobacco products. Text **“Start My Quit” to 855-891-9989** or call to talk with a coach who is ready to listen and cheer you on.

[Smokefree Teen](#) – TXT and free smartphone apps specifically designed for quitting vape

[This is Quitting](#) - mobile program from Truth Initiative designed to help young people quit vaping. To enroll, teens and young adults text **DITCHJUUL to 88709**

[American Heart Association](#) – Text **HEART to 88709** to get free advice, tips, and inspiration for quitting vaping

[American Lung Association](#) – call **1-800-QUIT-NOW** (1-800-784-8669) for free one-on-one immediate support from a quit smoking/vaping coach

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### Self-Help Group Support

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[AA \(Alcoholics Anonymous Intergroup\)](#) – a support group that is open to anyone who has a desire to stop drinking alcohol, **651-227-5502**

**Youth and local meetings:** Wednesdays at 6:30 PM at Saint Croix Alano Club (208 S 3<sup>rd</sup> St Stillwater) and Wednesdays at 8:30 PM at Dayton Avenue Presbyterian Church (217 Mackubin Street Saint Paul)

[Alateen/AI-Anon](#) and [Nar-Anon](#) – a support group for anyone who has been impacted by someone else's substance use (drinking/drug use)

[Alateen](#) focuses on young people (ages 10-19) who have been affected by someone else's drinking/drug use. The group listens to and shares solutions that can lead to a better life. The [two closest meetings](#) are **Stillwater** (St. Croix Area Alateen Meeting – Thursday nights – Trinity Lutheran Church (115 4<sup>th</sup> St N) from 7-8:30 PM) and **Maplewood** (Tuesdays at 7:30 PM at Alano Club (1955 Prosperity Road Maplewood), 651-770-2208).

[All Recovery Meetings](#) – a support group open to anyone seeking recovery from substance misuse that honors each person’s unique path and reflects personal strengths

[NA \(Narcotics Anonymous\)](#) – a support group that is open to anyone who has a desire to stop using drugs, **877-767-7676**

**Youth and local meetings:** Wednesdays at 7:30 PM at Saint Croix Alano Club (208 S 3<sup>rd</sup> St Stillwater) and Fridays at 9:30 PM at Grace Trinity Community Church (1430 West 28<sup>th</sup> St Minneapolis)

[Refuge Recovery](#) – a Buddhist inspired path to recovery from addiction

[SMART Recovery](#) – a self-help program that offers a place where teens can get together to try to look into and change behaviors that hurts themselves and others like vaping, drinking, and using drugs

[University of Minnesota](#) – a comprehensive compilation of mutual aid addiction recovery support groups during COVID-19

[Women for Sobriety \(WFS\)](#) - a group that helps all women find their individual path to recovery through discovery of self, gained by sharing experiences, hopes, and encouragement with other women in similar circumstances

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## Other Self-Help Resources and Sober Apps

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[Apple](#) or [Android](#) Inspirations – a collection of daily readings and meditations to encourage you on your journey of recovery from alcohol and/or other drug use

[Addiction AVERT](#) - helps to manage and reduce cravings

[Change to Chill](#) - tools and resources that help teens become more aware of what stress is, what causes it, and how to manage it (as stress is a frequent trigger for substance misuse)

[I Am Sober](#) - helps you build new daily habits and learn from others who are making changes happen

[In the Rooms Foundation](#) - online meetings with a focus in dissolving the stigma around addictions and mental health issues

[Insight Time](#) - App for sleep, anxiety, and stress

[Minnesota Adult and Teen Challenge Helpline](#) – **Text 612-440-3967** for confidential support regarding yours or someone else’s substance use

[Minnesota Recovery Connection](#) – self-help resources (and other resources) for those seeking recovery from substance misuse

[Nomo \(It’s time to say no more\)](#) - an App with resources to help you stay clean and sober such as a sobriety counter and mini-exercises to help you refocus

[Pink Cloud](#) - tracks sobriety and connects you to 12 step meetings

[She Recovers](#) - a collection of podcasts and other support to connect and empower women so they can heal and thrive, achieve their potential, and help other women to do the same

[SMART Recovery](#) – a self-help program with tools to help teens change behaviors such as misusing substances

[Smokefree Teen](#) – a variety of self-help tools and tips to help teens quit vaping, smoking, and/or using other tobacco products

[Sober Grid](#) - a free app that connects you with other sober people and offers Peer Coaches to help you get sober and stay sober

[The Daily Pledge](#) - a variety of resources to support your recovery

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## **Educational Resources on Substances and Addiction**

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[Hazelden Betty Ford Recovery Insights](#) – a compilation of recovery blogs to be a source of healing and hope of individual, families, and communities affected by addiction to alcohol and other drugs

[Hazelden Betty Ford Shatterproof Just Five](#) – the most important concepts and facts regarding addiction. Learn who’s at risk, how to know if a person has a substance use disorder, and more. Invest just five minutes to better understand this illness.

[MN Department of Health](#) - general information on the health risks of nicotine and vaping including disposal of vape pens and e-cigs

[NIDA \(National Institute on Drug Abuse\)](#) – “how do I know if I have a drug use problem?” - information on how to recognize an addiction

[NIDA \(National Institute on Drug Abuse\) for Teens](#) – a trusted source for science-based information on teen substance use and its effects

[Stanford Medicine Cannabis Awareness and Prevention Toolkit](#) – educational resources and toolkit aimed at preventing and reducing use of cannabis/marijuana among middle and high school students

[Stanford Medicine Tobacco Prevention Toolkit](#) – educational resources and toolkit aimed at preventing and reducing use of tobacco and nicotine products among middle and high school students

[U.S. Food & Drug Administration](#) – information on vaporizers, e-cigarettes, and other Electronic Nicotine Delivery Systems (ENDS)