

## **Counseling Resources for Vaping/Substance Use and Mental Health**

In the event that school is closed for an extended period of time, you are welcome to contact me by email. I will check my email regularly.

**My email address is [jimhof@hpregonal.org](mailto:jimhof@hpregonal.org).**

Below are some resources you may also find helpful.

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### **Smokefree Teen TXT**

- 47848 - text QUIT

### **National Drug Hotline**

- 1-844-289-0879

### **Drug Free Hotline (both vaping and substance use)**

- 1-855-DRUGFREE
- Text 55753

### **2<sup>nd</sup> Floor Youth Helpline (call or text)**

- 888-222-2228

### **National Suicide Prevention Lifeline**

- 800-273-TALK (8255)

### **Different Podcasts**

- Recovery 2.0 Power Hour
- Dawn Farm Addiction
- 10% Happier with Dan Harris

### **Free Vaping, Substance Related and Mental Health Apps**

The following apps contain resources and activities for managing emotions and stressful situations:

- This is Quitting
- QuitSTART
- Happify
- Sobertool
- Clear Fear
- MyQuit Coach

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**If at any time you are experiencing a true mental health emergency, please call 911 or go to your nearest emergency room.**