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| **Poe Center for Health Education** | Substance use prevention programs for youth and adults/guardians | **www.poehealth.org** |
| **Partnership for Drug Free Kids** | Access to tools, web-based interactive resources, support networks and user-friendly online/offline tools. | **www.drugfree.org** |
| **Online Dictionary Teenage Slang Terms** | A great place to look up teen lingo. | **www.urbandictionary.com** |
| **Slang Dictionary** | Translate text slang, internet slang, drug slang names & acronyms | **www.noslang.com** |
| **National Clearinghouse for Alcohol & Drug Information** | The nation’s one-stop resource for info about substance abuse prevention and addiction treatment. | **www.ncadi.samhsa.gov/** |
| **Teen Health Information** | Provides families with accurate, up-to-date, and jargon free health info they can use. | **www.kidshealth.org/parent** |
| **Teen Substance Abuse Issues** | A campaign that is inspired by what teens have told the Office of National Drug Control Policy about their lives, and how they deal with influences that shape their decisions. | **www.abovetheinfluence.com** |
| **Inhalant Abuse Prevention** | Provide parents with high quality and practical info about inhalant abuse. | **www.inhalant.org** |
| **Stop Medicine Abuse** | Works to alert parents and members of the community about the problem of teen abuse of OTC cough medicines containing dextromethorphan (DXM) | **www.stopmedicineabuse.org** |
| **The Science Behind Drug Abuse** | Provides teens with facts and interactive materials about drug abuse. | **www.teens.drugabuse.gov** |
| **NIDA**  **National Institute on Drug Abuse** | Gives parents facts and interactive materials about drug abuse. | **www.drugabuse.gov** |
| **Drug Abuse Warning Network** | Public health surveillance system that monitors drug-related hospital emergency departments and drug-related deaths investigated by medical examiners and coroners. | **www.samhsa.gov/data/DAWN.aspx** |
| **Talk It Out Campaign**  **Underage Drinking Prevention** | NC has an underage drinking problem. Talk It Out NC is an initiative that gives parents tools for talking to kids about the dangers of underage drinking. | **www.talkitoutnc.org** |
| **Talk. They Hear You.** | Interactive site for parents.  Talking with your children about underage drinking. Includes role play application. Valuable resources | [**www.samhsa.gov/**](http://www.samhsa.gov/)  **underagedrinking/** |
| **Alcohol & Drug Prevention & Treatment Programs** | Info about, strategic planning assistance, & leadership development for community based efforts for effective alcohol & drug policy prevention & treatment. | **www.drugfree.org** |
| **Alcohol Social Hosting Laws** | Select your state to learn more about your responsibilities when hosting social laws | **socialhost.drugfree.org** |
| **How Much is Too Much?** | A web-based screening tool to help individuals understand the potential health consequences of their own drinking. | **www.alcoholscreening.org** |
| **Ask, Listen, Learn: Kids & Alcohol Don’t Mix.** | Provides youth ages 9-12, along with their parents & educators, information about the danger of underage drinking | [**www.asklistenlearn.org**](http://www.asklistenlearn.org/) |
| **Quitline NC** | QuitlineNC provides free cessation services to any NC resident (youth or adult) who needs help quitting tobacco use. Quit Coaching is available in different forms, which can be used separately or together, to help any tobacco user give up tobacco | **1-800-QUIT-NOW**  **QuitlineNC.com** |
| **Don’t Quit Alone!** | A smoking cessation service to help individuals stop smoking. | **www.quitnet.com** |
| **Tobacco/Nicotine Information** | The Campaign for Tobacco-Free Kids is a leading force in the fight to reduce tobacco use and its deadly toll in the USA & around the world. | **www.tobaccofreekids.org** |
| **Vaping- What You Need to Know and How to Talk With Your Kids About Vaping** | A booklet with great information about vaping and how to talk to youth. | **www.drugfree.org/article/how-to-talk-with-your-kids-about-vaping** |
| **Marijuana Talk Kit** | A booklet with great information about marijuana and how to talk to youth. | **www.drugfree.org/MJTalkKit** |
| **AMA Alliance**  **Prescription Opioid Epidemic** | Video about the prescription opioid epidemic | **Prescription Opioid Epidemic:**  **Know The Facts** [**https://youtu.be/4Sn-ztqQwWw**](https://youtu.be/4Sn-ztqQwWw) |
| **Wake County Drug Overdose Prevention Coalition** | Wake County established website to provide information about preventing and respond to heroin and opioid overdoses | **www.wakegov.com** |
| **Introducing the Heroin, Fentanyl & Other Opioids eBook**  **Partnership for Drug-Free Kids** | eBook for parents and families need to prepared with the knowledge and skills to identify opioids, spot early use and take action effectively | **https://drugfree.org/wp-content/uploads/2018/04/Heroin-Fentanyl-Other-Opioids-eBook-Partnership-for-Drug-Free-** |

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| **Alliance Behavioral Healthcare** 24 Hour Toll-Free Access & Information | (800) 510-9132 |
| **SAMHSA’s** National 24 Hour Substance Abuse Helpline information & treatment | 1-800-662-HELP (4357) |
| **Parents Toll-Free Helpline** | 1-855-DRUGFREE |
| **Crisis Text Line** | www.crisistextline.org (for teens)  Text START to 741-741 |
| **Hopeline** | 919-231-4525 or 1-877-235-4525 (HopeLine supports people & saves lives during times of crisis through caring, confidential conversations.) |
| **National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) |