

PARENT RESOURCES

[talk. they hear you.](#)

[**https://www.samhsa.gov/talk-they-hear-you/parent-resources**](https://www.samhsa.gov/talk-they-hear-you/parent-resources)

Check out these resources to help you start—and keep up—the conversation about the dangers of drinking alcohol and using other drugs at a young age.

[TalkSooner](#)

[**https://talksooner.org/**](https://talksooner.org/)

We are a resource for parents to access information about substance use prevention through our website.

[DrugFree.org](#)

[**https://drugfree.org/prevention-and-taking-action-early/**](https://drugfree.org/prevention-and-taking-action-early/)

Not sure how to prevent drug or alcohol use? Or what to do if you suspect or have discovered substance use? We have the science- and research-backed information to help you help your child.

[Quitting Vaping Resources for Teens](#)

[**https://rethinktobacco.com/ditch-vape/**](https://rethinktobacco.com/ditch-vape/)

Text DITCH VAPE to 88709 to quit. This free, anonymous resource is available 24/7 and is for anyone who wants to quit.

[MIRecovery](#)

[**https://mirecovery.org/**](https://mirecovery.org/)

MI Recovery is a comprehensive set of options for recovery from substance use disorder and addiction.