



## Safe Choices & Alcohol Use



### Substance Use and Abuse Support Resources

**Substance Abuse and Mental Health Services Administration Helpline:**  
SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

1-800-662-HELP (4357)



### LGBTQIA+ Friendly Drug and Alcohol Rehab Programs

An online resource for LGBTQIA+ friendly drug and alcohol rehab centers.

[www.rehabcenter.net/lgbt-friendly-drug-alcohol-rehab-centers/](http://www.rehabcenter.net/lgbt-friendly-drug-alcohol-rehab-centers/)

1-888-341-4325



### National Institute on Alcohol Abuse & Alcoholism Teen Fact Sheet

This resource sheet describes how alcohol affects teen health, signs of problematic alcohol use among teens, and how to get help for concerns about drinking

<https://niaaaforteens.niaaa.nih.gov/>



### Alcohol Think Again

This website provides more detail about how alcohol affects the teen brain and body.

<https://alcoholthinkagain.com.au/alcohol-and-young-people/impact-of-alcohol>