

CIGARETTES ALCOHOL STEROIDS VAPING
COCAINE MARIJUANA ADDERALL CRACK
ESTASY INHALANTS HEROIN PRESCRIPTIONS

TEEN SUBSTANCE ABUSE

BEFORE YOU RISK IT

MY LIFE MY QUIT™

FREE Tobacco & Vaping Help
just for Teens

TEXT "Start My Quit" to 36072



For 24/7 free and confidential
information and treatment
referrals in English and Español,
call SAMHSA's National Helpline at:
1-800-662-4357

1 KNOW THE LAW

Drugs are illegal

2 GET THE FACTS

Drugs harm your body and some first time drug
use can be fatal

3 KNOW THE RISKS

Drug use is addictive and users lose the ability to
perform everyday functions

