



PREVENTION RESOURCES

USEFUL WEBSITES FOR SUBSTANCE PREVENTION:

VT HELPLINK - VTHELPLINK.ORG

PARENTUPVT - PARENTUPVT.ORG

PARTNERSHIP TO END ADDICTION - DRUGFREE.ORG

SAMHSA NATIONAL HELPLINE - [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

TRUTH INITIATIVE - TRUTHINITIATIVE.ORG

NIDA FOR TEENS - TEENS.DRUGABUSE.GOV/PARENTS

COALITION INVOLVEMENT OPPORTUNITIES:

HLV COALITION MEETINGS - 1ST TUESDAYS | 6-7PM
Share information and work to reduce youth substance misuse

HLV PARENT/CAREGIVER WORKGROUP - 4TH WEDNESDAYS | 7-8PM
Work with other parents/Caregivers to reduce youth substance misuse

LAMOILLE AREA YOUTH COUNCIL - An opportunity for 6th-12th grade students to engage in projects aimed at reducing youth substance misuse and promoting healthy choices. Check out our website (can be found visiting healthylamoillevalley.com/liveyourwhy) to find out about events, meetings, and activities or email youthcouncil@healthylamoillevalley.org for more info!

TOBACCO TASKFORCE - PERIODIC MEETINGS AND LISTSERV
identify goals & action items to reduce tobacco use, smoking and vaping

LAMOILLE AREA COACHING COLLABORATIVE - 2ND TUES 1 & 4TH FRIDAY 12-1PM
Support local coaches in being “protective factors” for our youth families and communities

TO FIND OUT MORE ABOUT ANY OF THESE OPPORTUNITIES PLEASE EMAIL:
JESSICA BICKFORD, COORDINATOR | JESSICA@HEALTHYLAMOILLEVALLEY.ORG

Facebook: [Healthy Lamoille Valley](#) | Twitter [@HealthyLamoille](#)
www.healthylamoillevalley.org

Subscribe to our Newsletter | www.healthylamoillevalley.org/signup

VAPING QUIT HELP

LOCAL HELP:

**We recommend that you contact your
local medical provider.**

If you need one, check with:

VICTORIA FOSTER - COMMUNITY RESOURCE COORDINATOR
Hardwick Health Center | (802) 472-3300 | victoriaf@nchcvt.org
www.nchcvt.org/locations-providers/hardwick-area-health-center

RORIE DUNPHEY - SELF MANAGEMENT REGIONAL COORDINATOR
Lamoille Health Partners | (802) 324-9198 | roried@protonmail.com
myhealthyvt.org

Sarah Pecor - RN Care Coordinator Cambridge Family Practice
sarahpecor.vt@gmail.com | (802) 644 5114 | cambridgefamilypractice.com

CESSATION RESOURCES:

802QUITS (VERMONT'S QUIT RESOURCE)
1-800-QUIT-NOW | 802QUITS.ORG

THIS IS QUITTING (TEXT-BASED FOR TEENS)
TEXT DITCHVAPE TO 88709 | TRUTHINITIATIVE.ORG/THISISQUITTING

BECOME AN EX (CUSTOMIZED QUIT PLANS & TEXTS FOR ADULTS)
BECOMEANEX.ORG

MY LIFE, MY QUIT™
TEXT 'START MY QUIT' TO 36072 | MYLIFEMYQUIT.ORG

QUITSTART APP
(SEARCH ON THE APP STORE OR GOOGLE PLAY) | TEXT QUIT TO 47848

VAPING FACTS:

BEHIND THE HAZE (YOUTH-FRIENDLY)
WWW.BEHINDTHEHAZE.COM

NATIONAL INSTITUTE ON DRUG ABUSE
WWW.DRUGABUSE.GOV/PUBLICATIONS/DRUGFACTS/VAPING-DEVICES-ELECTRONIC-CIGARETTES

VT DEPARTMENT OF HEALTH
WWW.HEALTHVERMONT.GOV/WEELLNESS/TOBACCO/RESOURCES