

Substance Abuse Resources

Many adolescents can be affected by substance use in one way or another. Substance use can be an unhealthy coping mechanism that some teens may resort to as a solution to their problems. By replacing drug/alcohol use with healthy coping strategies, teens can learn to utilize effective coping skills.



Common reasons teen choose to use drugs/alcohol:

- Peer pressure and social influence
- An escape or self-medication
- Academic or performance pressure
- Blocking difficult emotions
- Coping with trauma, anxiety, depression or another underlying mental health issue
- Media influences
- Curiosity
- Low self-esteem
- Impulse control
- History of substance use by the teen or in the family

From <https://www.newportacademy.com/resources/substance-abuse/10-facts-teen-drug-abuse/> & https://www.onhealth.com/content/1/teen_drug_abuse

If you are concerned about yourself or a friend, consider speaking with a supportive adult. If you think your teen is using substances, consider having a conversation with them. Seek community resources if you ready to receive assistance to help with problems related to substance abuse or mental health.

"The best way to get a teen to communicate about their drug use is by asking compassionate and understanding questions."

Coping

Often, substance use can happen because we don't know how to properly cope with what we are feeling. Sometimes, we are looking for a temporary fix or just to feel better for a little while. However, it's important to discover and work towards a better, long-term solution. It can be tough to make this change, but it will benefit you in the future, help get you out of a cycle, and provide alternative strategies to deal with distressing thoughts, emotions, and events.

Try some of these alternative, healthy coping strategies:

- Journaling
- Affirmations/Self-talk
- Art/Expression/music
- Mindfulness/yoga/meditation
- Exercise/Eating Healthy
- Identify your triggers and discover the reasons you may want to use substances
- Establish a routine
- Attend a support group
- Go on a walk/take a bike ride
- Professional Help
- Seeking friend/family support
- Any other healthy coping strategies you have developed over time should be put to use now. Wherever you normally find strength, use that resource now.

Please reach out to a supportive adult if you are needing assistance. If you are having suicidal thoughts, contact a crisis hotline or 911 **immediately**. You are not alone.

Hotline/Crisis Numbers

24-hr Crisis Line: 602-222-9444

24-hr Suicide Prevention Lifeline: 800-273-8255

24-hr Teen Lifeline: 800-273-TALK or 602-248-8336

ASAP (Adolescent Substance Abuse Program): 602-434-0249

EMPACT: 866-205-5229

Find Help Phoenix: [Find Help Phoenix](#)

Mercy Maricopa 24-hrs. Hotline (AHCCCS only): 800-631-1314

Pathways Substance Abuse Program: (480) 921-4050

State Treatment Hotline: 800-662-4357

Trevor Project 24 hour hotline (LGBT): 866-488-7386

Call SAMHSA:
1-800-662-HELP
(4357)

Community Resources

Support Groups:

Most groups are on hold right now, but you can join when government regulations subside.

Arizona Psychological Association

Various teen support groups (cost) and peer support groups (free)

https://azpa.org/Counseling___Peer_Support_Groups

PsychologyToday - GRASP

<https://www.psychologytoday.com/us/groups/adolescents-teenagers-14-to-19/az/chandler/94506?sid=5ea9be2335a25&spec=182&ref=2&tr=ResultsName>

TeenTribe

<https://support.therapytribe.com/teen-support-group/>

The Pathway Program

4820 S Mill Ave Suite 101, Tempe, AZ 85282

(877) 921-4050

<https://thepathwayprogram.com/>

Individual Counseling:

Many counselors are offering support over the phone, video communications, or through chatting/text messaging.

BetterHelp E-Counseling

contact@betterhelp.com

<https://www.betterhelp.com/>

Psychology Today

<https://www.psychologytoday.com/us/therapists/adolescents-teenagers-14-to-19/arizona>

7 Cups

Free online emotional support chatting for adults and teens ages 13-17, or you can upgrade to a membership for full therapy. Also available as an online on iPhone/Android

<https://www.7cups.com/>

Online Resources:

- Free Coronavirus Sanity Guide <https://www.tenpercent.com/coronavirussanityguide>
- <https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-E-Cigarettes/PEP19-12>
- <https://www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html>
- <https://www.verywellmind.com/forty-healthy-coping-skills-4586742>
- <https://www.therapistaid.com/worksheets/tips-for-avoiding-relapse.pdf>
- <https://www.therapistaid.com/worksheets/when-i-am-tempted-to-use.pdf>
- <https://www.therapistaid.com/worksheets/substance-use-motivation-ruler.pdf>
- <https://www.therecoveryvillage.com/treatment-program/aftercare/related/coping-skills/#gref>