

## Teen Resources

**211 San Diego** - for live hotline, call 2-1-1 . Website dashboard with extensive resources & contacts on numerous topics, <http://www.211sandiego.org>

**NAMI Helpline, San Diego** 1-800-523-5933

**oscERjr** - A phone app from NAMI with helpful info on mental health, dealing with crisis, resources.

**National Suicide Prevention Lifeline** 1-800-273-TALK (8255)

**Trevor Project (LGBTQ Support)** <http://www.thetrevorproject.org> **Trevor Lifeline** 1-866-488-7386

**San Diego Access & Crisis Line** 1-888-724-7240

**Marijuana Anonymous, San Diego** <http://www.ma-sandiego.org>

### Vaping Cessation:

**American Lung Association** – [www.lung.org](http://www.lung.org)

[N-O-T: Not On Tobacco—Proven Teen Smoking and Vaping ...](#)

Vaping & smoking cessation program for teens

**Truth Initiative**, text message program & app <http://www.thisisquitting.com>

Text "QUIT" to 202-804-9884

Text "QUIT" to 706-222-QUIT

Mobile App - This is Quitting

**National Jewish Health** - Programs for teens & adults who vape <http://www.mylifemyquit.com>

**California Smokers' Helpline** - Counseling, texting chat, Alexa skills for vaping cessation, 1-844-8-NO-VAPE, <http://www.nobutts.org>



**Call: 310-855-4673**  
**Text "TEEN" to 839863**

**San Dieguito Alliance**

[www.sandieguitoalliance.org](http://www.sandieguitoalliance.org)