

Educator Companion Sheet



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School Policy & Alternative-to-Suspension Resources

[American Heart Association Tobacco Free Schools Toolkit](#)
[American Academy of Pediatrics Behavioral Cessation Supports for Youth & Young Adults](#)
[The American College of Preventative Medicine Tobacco Cessation Resources for Youth](#)
[INDEPTH: An Alternative to Suspension or Citation](#)
[Policy Playbook for E-Cigarettes](#)

Mentoring Programs

Big Brothers Big Sisters of America	iMentor
Boys & Girls Clubs of America	City Year
Communities in Schools	The First Tee
	Girls Inc.
	Mentor USA

Support Hotlines

Lifeline #998
Substance Abuse and Mental Health Services

↳ #1-800-662-HELP (4357)
Treatment Referral Routing Service

↳ #1-800-487-4889 confidential, free, 24-hours-a-day, 365-days-a-year, in English & Spanish, provides information on mental and/or substance use disorders and referrals to resources

[Out Youth Crisis Support](#)

Help Youth Stay Tobacco Free

[CATCH My Breath Website](#)
[Campaign for Tobacco-Free Kids - Tips on Talking to Kids](#)
[TX Say What - Live Tobacco Free](#)
[Nicotine Withdrawal](#)
[N-O-T: Not On Tobacco](#)
[Tobacco Free School District](#)
[Behavioral Cessation Supports for Youth and Young Adults](#)
[E-Cigarettes and Youth Toolkit for Partners](#)
[Surgeon General's Advisory on E-Cigarette Use Among Youth](#)
[Know the Risks: E-Cigarettes and Young People](#)
[This is Quitting - Truth Initiative](#)
[Find Treatment](#)
[CDC - Electronic Cigarettes](#)
[Stanford University Tobacco Prevention Toolkit](#)
[SAMHSA - Reducing Vaping Among Youth and Young Adults Guide](#)

Therapy Directories

www.shanazikonne.com	Therapy for Latinx
Asians for Mental Health	Therapy Den
Therapy for Black Girls	Inclusive Therapists
SAMHSA - Find Treatment	Mental Health Match
	Open Path Collective