**Top 5 Websites for Help with Teen Substance Abuse**

1. NIDA -- National Institute on Drug Abuse -- <https://www.drugabuse.gov/>

Monitoring the Future Surveys

Research Summaries

NIDA Notes Newsletters

2. ONDCP -- Office of National Drug Control Policy <https://www.whitehouse.gov/ondcp/>

White House Drug Policy Initiatives, programs, and publications

3. The Anti-Drug -- Informed parents. The Anti-Drug. <www.theanti-drug.com/>

Powerful site for parents and teachers.

Parenting tips are especially useful.

4. SAMHSA -- Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/>

The CSAP-- Center for Substance Abuse Prevention --

Hotlines, Topics, and Programs and Campaigns

5. NotMyKid -- Great local organization with programs, education, and speakers

<https://notmykid.org/>