

**POSITIVE
CHOICES.
POSITIVE
LIFE.™**



WWW.ICHOOSEME.COM

Teen Resources



National Eating Disorders Association

☎ 1.800.931.2237
or text NEDA to 741741
👉 nationaleatingdisorders.org



National Institute on Drug Abuse for Teens

👉 teens.drugabuse.gov



Substance Abuse and Mental Health (SAMH) Program

☎ 1-800-662-HELP (4357)
👉 findtreatment.samhsa.gov



National Suicide Prevention Lifeline

☎ 988
👉 suicidepreventionlifeline.org



To Write Love On Her Arms: Help with depression, addiction, self injury, and suicide

👉 twloha.com/self-care



Love is Respect - prevent and end abusive relationships

☎ 1.866.331.9474
or text LOVEIS to 22522



Tobacco Free Florida Quit Line

☎ 1.877.U.CAN.NOW
👉 tobaccofreeflorida.com



Live Vape FREE

text VAPEFREE to 873373.
👉 TobaccoFreeFlorida.com/LiveVapeFree



FOR MORE RESOURCES PLEASE VISIT

www.uplifters.org/resources