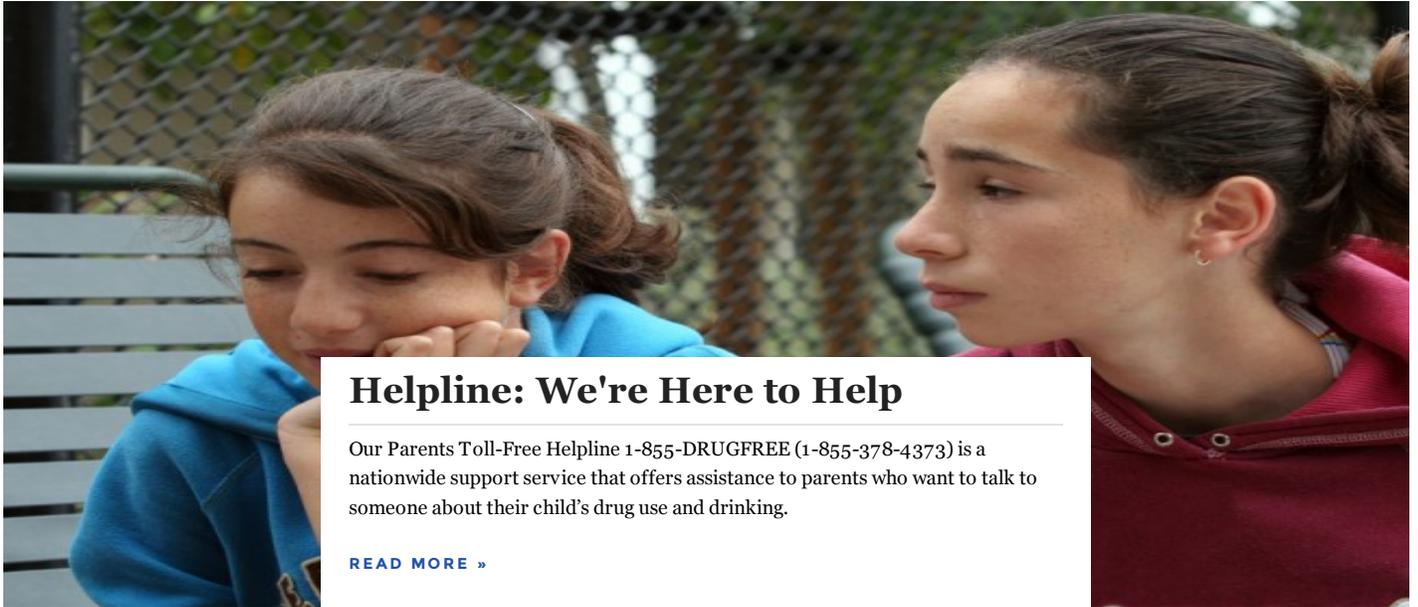




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# GET HELP

*Does your child have a drug or alcohol problem?*



**Helpline: We're Here to Help**

Our Parents Toll-Free Helpline 1-855-DRUGFREE (1-855-378-4373) is a nationwide support service that offers assistance to parents who want to talk to someone about their child's drug use and drinking.

[READ MORE »](#)



## Think Your Child is Using Drugs or Alcohol?

Not only is it OK to ask your teen whether he or she is using drugs — it may be the best thing you can do to help your teen.

[VISIT I THINK MY CHILD IS USING »](#)



## Know Your Child is Using Drugs or Alcohol?

We'll help you figure out what to do — like gathering information, having productive conversations, setting tighter limits and bringing in outside help.

[VISIT I KNOW MY CHILD IS USING »](#)



## What To Do If Your Child is Drinking or Using Drugs?

If you are concerned about your child's drug or alcohol use – or even just have a bad feeling – you can and should start a conversation. Find out how.

[DOWNLOAD INTERVENTION EBOOK »](#)



## Is Your Child Addicted to Painkillers or Heroin?

Is your child addicted to opioids such as prescription painkillers or heroin? Medication-assisted treatment can help address withdrawal, cravings and relapse prevention.

[DOWNLOAD OUR MEDICATION-ASSISTED TREATMENT EBOOK \(PDF\) »](#)



## Taking Care of Yourself (Checklist)

One of the smartest things you can do for your family is to take care of yourself so that you remain strong, healthy and clear headed. Here are some suggestions:

[DOWNLOAD TAKING CARE OF YOURSELF CHECKLIST \(PDF\) »](#)



## Find the Right Help for Your Child

Here's the latest information about adolescent and young-adult alcohol and drug abuse treatment – so you can get the most appropriate care for your child and family.

[DOWNLOAD TREATMENT EBOOK »](#)



## Questions to Ask: Find the Best Treatment for Your Child

This list of valuable questions will help guide your conversation with treatment program staff to help you decide which treatment program is the best fit for your child and family.

[DOWNLOAD QUESTIONS TO ASK TREATMENT PROGRAMS \(PDF\) »](#)



## Do You Have a Question About Your Child's Drug or Alcohol Use?

Post a question and get the answer you need.

[VISIT FORUM »](#)



## Parents Blog

Welcome to our Parent Blog — where parents concerned about their teen or young adult's alcohol and drug use share their insights, inspiration, guidance and support

[JOIN US »](#)



## Feeling Uneasy About Your Child's Recovery?

This interactive guide answers your most pressing questions about how to best support your teen's recovery during the days, months and years after treatment.

[VISIT CONTINUING CARE »](#)



## Find a Treatment Program

Use this locator to find alcohol and drug abuse/addiction treatment facilities and programs to near you.

[VISIT THE SUBSTANCE ABUSE TREATMENT FACILITY LOCATOR »](#)



## Stories of Hope

Stories unite those who have been touched by addiction — and offer hope to others. Visit our vibrant community of people who have courageously shared their personal struggles and triumphs.

[VISIT STORIES OF HOPE »](#)



## How Much Is Too Much?

Find out if alcohol may be harming your health or if your drinking patterns are putting you at risk.

[VISIT ALCOHOLSCREENING.ORG »](#)



## Live Chat with a Parent Expert

Do you have a question about your child's drug or alcohol use? Chat in real-time with one of our professionally-trained parent specialists who are here to answer your questions.

[CHAT NOW »](#)



## Help for Concerned Parents: The Parent's 20 Minute Guide

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Does your child have a substance abuse problem? Unlike other approaches, this guide teaches you how to stay involved in a positive, ongoing way. With worksheets, examples and tips, you'll learn how to get more of what you want from your child, how to talk to your child so that you are heard and how to take better care of yourself.

[VISIT THE PARENT'S 20 MINUTE GUIDE](#)

*How can we help you today?*

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Tell us who you are

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