

Links for Alcohol addiction

- **Motivational For Quitting**
 - <https://www.helpguide.org/articles/addictions/overcoming-alcohol-addiction.htm>
 - <https://ashevillecoverycenter.com/how-your-body-changes-when-you-stop-drinking-alcohol/>
- **Effects On The Body**
 - <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>
 - <https://www.recovery.org/alcohol-addiction/effects-body/>
 - <https://www.youtube.com/watch?v=V2Aj-iJ6p38> (Video)
 - <https://www.youtube.com/watch?v=7x6HUNTnXUw> (video about how alcohol affects a developing brain)

Links for Cigarette/Vaping Addiction

- **Motivational For Quitting**
 - <https://smokefree.gov/quit-smoking/why-you-should-quit/reasons-to-quit>
 - <https://www.unitypoint.org/livewell/article.aspx?id=bf0ce1d9-6599-4c51-a8b8-f69d3dafd374>
- **Effects On The Body**
 - <https://www.thelist.com/170132/what-vaping-really-does-to-your-body/>
 - <https://www.healthline.com/health/smoking/effects-on-body>
- **Vaping vs. Smoking**
 - <https://www.medicalnewstoday.com/articles/vaping-vs-smoking#which-is-safer>
 - https://www.youtube.com/watch?v=haqi4xvjvKo&feature=emb_title (Video)
 - <https://www.youtube.com/watch?v=WJjkZOGOOhjk> (video about which substance is more harmful)
 - <https://www.youtube.com/watch?v=wGJpGSCBzZ8> (video on vaping impact on the body)
 - <https://www.youtube.com/watch?v=Y18Vz51Nkos> (video on smoking impact on body)

Hotline Numbers for Addictions/ Etc.

Suicide Prevention

- **1-800-273-8255**

Alcohol and Drug Abuse

- **1-800-729-6686**

Alcohol Addiction Hotline

- **1-844-289-0879**

Quit Smoking Help Hotline

- **1-800-784-8669**

