Links for Alcohol addiction

* **Motivational For Quitting**
  + [**https://www.helpguide.org/articles/addictions/overcoming-alcohol-addiction.htm**](https://www.helpguide.org/articles/addictions/overcoming-alcohol-addiction.htm)
  + [**https://ashevillerecoverycenter.com/how-your-body-changes-when-you-stop-drinking-alcohol/**](https://ashevillerecoverycenter.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.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body)

**-** [**https://www.recovery.org/alcohol-addiction/effects-body/**](https://www.recovery.org/alcohol-addiction/effects-body/)

**-**[**https://www.youtube.com/watch?v=V2Aj-iJ6p38**](https://www.youtube.com/watch?v=V2Aj-iJ6p38) **(Video)**

[**https://www.youtube.com/watch?v=7x6HUNTnXUw**](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://smokefree.gov/quit-smoking/why-you-should-quit/reasons-to-quit) **-**[**https://www.unitypoint.org/livewell/article.aspx?id=bf0ce1d9-6599-4c51-a8b8-f69d3dafd374**](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.thelist.com/170132/what-vaping-really-does-to-your-body/)

**-**[**https://www.healthline.com/health/smoking/effects-on-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.medicalnewstoday.com/articles/vaping-vs-smoking#which-is-safer)

**-**[**https://www.youtube.com/watch?v=haqi4xvjvKo&feature=emb\_title**](https://www.youtube.com/watch?v=haqi4xvjvKo&feature=emb_title) **(Video)**

**-**[**https://www.youtube.com/watch?v=WJjkZOGOhjk**](https://www.youtube.com/watch?v=WJjkZOGOhjk)**(video about which substance is more harmful)**

**-**[**https://www.youtube.com/watch?v=wGJpGSCBzZ8**](https://www.youtube.com/watch?v=wGJpGSCBzZ8) **(video on vaping impact on the body)**

**-**[**https://www.youtube.com/watch?v=Y18Vz51Nkos**](https://www.youtube.com/watch?v=Y18Vz51Nkos) **(viedo 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**