

## Resources and Links for Students, Staff, Parents and Guardians

### Alcohol/Substance Abuse

- Alcohol and Drug Abuse Hotline - **800-452-9300**
- Alcoholics Anonymous - **aa.org**
- Partnership for a Drug-Free America - **drugfree.org**
- SAMHSA Health Information Network - **samhsa.gov/shin/moreaboutshin.aspx**

### Allergies/Asthma

- American Academy of Allergy, Asthma and Immunology - **aaaai.org**
- Food Allergy and Anaphylaxis Network - **foodallergy.org**

### Body Piercing/Tattoos

- American Family Physician – **aafp.org/afp/2005/1115/p2035.html**
- **healthychildren.org/English/ages-stages/teen/Pages/Tattoos.aspx**

### E-Cigarettes/Vaping

- **teen.smokefree.gov/1-800-QUIT-NOW**
- **keeptryingma.org** or **getoutraged.org**
- American Lung Association - **Lung.org/1-800-LUNG-USA**
- Mass Dept. Public Health - **mass.gov/vaping**
- Truth Initiative - **truthinitiative.org**
- Ex - **becomeanex.org**
- **livehelp.cancer.gov**

### Eating Disorders

- **mirror-mirror.org**
- Multi-Service Eating Disorder Association – **medainc.org**
- National Eating Disorders Association – **nationaleatingdisorders.org**

### General Health Topics

Attention Deficit Hyperactivity Disorder – **chadd.org**

Bicycle Helmet Safety Institute – **helmets.org**

Center for Disease Control – **cdc.gov**

Health Information for the Whole Family – **familydoctor.org**

Kids Health - **kidshealth.org**

Massachusetts Department of Public Health – **mass.gov/dph**

National Sleep Foundation – **sleepfoundation.org**

Talking to kids about issues kids face growing up - **wordscanwork.com**

Wellness Activities – **mass.gov/massinmotion**

## Head Lice

- [cdc.gov/parasites/lice](https://www.cdc.gov/parasites/lice)

## Health Insurance

- MassHealth and Commonwealth Care – [mahealthconnector.org](https://www.mahealthconnector.org)
- Worcester area resource for residents in need of housing, food, health care, and other basic services – [worcesterfreeclinics.org](https://www.worcesterfreeclinics.org)

## Mental Health

- American Academy of Child and Adolescent Mental Health – [aacap.org](https://www.aacap.org)
- National Institute for Mental Health – [nimh.nih.org](https://www.nimh.nih.org)
- Westborough Youth and Family Services – 508-366-3090; [town.westborough.ma.us](https://www.town.westborough.ma.us)

## Nutrition

- Government Information on Food and Nutrition - [nutrition.gov](https://www.nutrition.gov)
- Nutrition Facts - [nutritiondata.com](https://www.nutritiondata.com)

## Oral Health

- [aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Oral-Health/Pages/Oral-Health.aspx](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Oral-Health/Pages/Oral-Health.aspx)
- [cdc.gov/oralhealth/basics/childrens-oral-health/index.html](https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html)
- <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Teething-and-Dental-Hygiene.aspx>

## Smoking (Also refer to E-Cigarette/Vaping section)

- [smokefree.gov](https://www.smokefree.gov)

## Young Men's Health

Boston Children's Hospital link – [youngmenshealthsite.org](https://www.youngmenshealthsite.org)

## Young Women's Health

Boston Children's Hospital Link – [youngwomenshealth.org](https://www.youngwomenshealth.org)