

Resources and Links for Students, Staff, Parents and Guardians

Alcohol/Substance Abuse

- Alcohol and Drug Abuse Hotline - [800-452-9300](tel:8004529300)
- Alcoholics Anonymous - aa.org
- New England Inhalant Abuse Prevention Coalition - inhalantabusetraining.org
- Parents. The Anti-Drug. - theantidrug.com/drug.information
- 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 - aaai.org
- Food Allergy and Anaphylaxis Network - foodallergy.org

Body Piercing/Tattoos

- American Family Physician – aafp.org/afp/2005/1115/p2029.html
- Mayo Clinic site – mayoclinic.com/health/tattoos-and-piercings/MC0020

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 – help4adhd.org; adhd.org
- Bicycle Helmet Safety Institute – helmets.org
- Center for Disease Control – cdc.gov
- Center for Disease Control Adolescent Chronic Disease Prevention and Health Promotion – cdc.gov/nccdphp/dash
- Diabetes – diabetes.org
- 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
- Tips and Tools for Successfully Parenting Your Teens – pleasestoptherollercoaster.com
- Vision resource – visionforlearning.org
- Wellness Activities – mass.gov/massinmotion

Head Lice

- hsph.harvard.edu/headlice
- headlice.org

Health Insurance

- Mass Health and Commonwealth Care – mahealthconnector.org
- Worcester area resource for residents in need of housing, food, health care, and other basic services – worcesterresources.org

Mental Health

- American Academy of Child and Adolescent Mental Health – aacap.org/cs/forFamilies
- National Institute for Mental Health – nimh.nih.org
- Westborough Youth and Family Services – 508-366-3090 town.westborough.ma.us

Nutrition

- Government Information on Food and Nutrition - nutrition.gov
- Nutrition Facts - nutritiondata.com

Smoking

- smokefree.gov

Young Men's Health

- Boston Children's Hospital link – youngmenshealthsite.org
- Milford Regional Hospital Adolescent Health Clinic – milfordregional.org/site/pages/health_services/adolescent-health.cfm

Young Women's Health

- Boston Children's Hospital Link – youngwomenshealth.org
- Health and Human Services – 4girls.gov
- Milford Regional Hospital Adolescent Health Clinic – milfordregional.org/site/pages/health_services/adolescent-health.cfm