

WANT TO STOP USING?

**YOU CAN
HAVE A
DIFFERENT
LIFE!**



THERE IS HELP TO QUIT!

HelpLine: 800-923-HELP

■ YouthLine: 877-553-TEEN

■ LifeLine: 800-273-TALK or 800-SUICIDE

AIDS HOTLINE: ■ 1-800 777-2437 English;

■ 1-800-499-6940 Espanol

www.oregon.gov/DHS/addiction/index.shtml

