

Substance Use and Abuse

<p>Tobacco Use: Cigarettes</p>	<p>Call the Quit Line at 1-800-QUIT-NOW Freedom From Smoking Online – Free smoking cessation program - http://www.ffsonline.org Colorado QuitLine - http://www.coquitline.org/ QuitNet – Free tobacco cessation program - http://www.quitnet.com American Lung Association of Colorado – Quit Smoking - http://www.lungcolorado.org/QuitSmoking.htm American Lung Association – Smoking Cessation Support - http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22931 Centers for Disease Control and Prevention – Quit Smoking - http://www.cdc.gov/tobacco/quit_smoking/index.htm</p>
<p>Tobacco Use: Cigars</p>	<p>Call the Quit Line at 1-800-QUIT-NOW Freedom From Smoking Online – Free smoking cessation program - http://www.ffsonline.org Colorado QuitLine - http://www.coquitline.org/ QuitNet – Free tobacco cessation program - http://www.quitnet.com American Lung Association – Cigar Smoking Fact Sheet - http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=39859 American Cancer Society – Cigar Smoking - http://www.cancer.org/docroot/PED/content/PED_10_2X_Cigar_Smoking.asp Centers for Disease Control and Prevention – Cigar Use - http://www.cdc.gov/tobacco/data_statistics/Factsheets/cigars.htm</p>
<p>Tobacco Use: Smokeless Tobacco</p>	<p>Call the Quit Line at 1-800-QUIT-NOW Chew Free – Free chewing tobacco cessation program - http://www.chewfree.com Colorado QuitLine - http://www.coquitline.org/ QuitNet – Free tobacco cessation program - http://www.quitnet.com American Cancer Society – Smokeless Tobacco and How to Quit - http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp?sitearea=&level American Lung Association – Smokeless Tobacco Fact Sheet - http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=1694879 Centers for Disease Control and Prevention – Smokeless Tobacco - http://www.cdc.gov/tobacco/data_statistics/Factsheets/smokeless_tobacco.htm</p>
<p>Alcohol Use</p>	<p>Centers for Disease Control and Prevention – FAQ’s About Alcohol - http://www.cdc.gov/alcohol/faqs.htm Dietary Guidelines for Americans – Chapter 9: Alcoholic Beverages - http://www.health.gov/dietaryguidelines/dga2005/document/pdf/Chapter9.pdf National Institute on Alcohol Abuse and Alcoholism - http://www.niaaa.nih.gov Alcoholics Anonymous - http://www.aa.org Other resources include the National Drug and Alcohol Treatment Referral Routing Service available at 1-800-662-HELP. This service can provide you with information about treatment programs in your local community and allow you to speak with someone about alcohol problems.</p>