



Sites & Apps for Well-Being

Compass Mark has pulled together resources that might help if your well-being needs a boost. Or—if you're worried about someone you care about.

a **Alcohol** is a central nervous system depressant. Every year you wait to try it lessens your risk of having a drinking problem in the future—that's brain science!

- Video- [Binge Drinking & the Brain](#)
- Site- [Mouse Party](#)
- Write about it- [Teen Central](#)
- Worried about loved one- [NACOA](#)
- App- cut down age 21+ - [Reframe](#)

g **Gambling**—sports betting, fantasy sports, lottery, phone games & more—is on the rise for teens & young adults, due to how available it is. Unfortunately, so is addiction.

- Site- [PA Council on Compulsive Gambling](#)
- App- [BetBlocker](#)
- Podcast- [Making Bets in a Burning House](#)
- Video- [Teen's Gambling Addiction Story](#)
- Video- [Gambling Epidemic- Drew Gooden](#)

C **Cannabis** use actually makes it harder to handle stress, fear, anxiety or sadness over time. And people under the influence are less likely to pick up on problems in relationships.

- Fact sheet- [Tips for Teens: Marijuana](#)
- App- [Quit Weed](#)
- App- [Grounded](#)
- Site- [Take a T-Break](#)

C **Cessation** tools for quitting nicotine-smoking or vaping- are effective and free. Don't let nicotine control you—quit today!

- Texting- [EXProgram](#)
- App- [MyLifeMyQuit](#) (many languages)
- Site- [SmokeFreeTeen](#)

m **Mental health** stigma is dropping. Young people are so much more willing to talk about anxiety, depression, and more. You deserve the best mental health possible, so check these out:

- Support group- [SEEDs](#)
- Video- [This is My Brave](#)
- Site- [a.s.k.](#)- Support your friends every day
- Site- [TeenCentral](#)
- Site- [YouthCommunication](#)
- App- [MoodMission](#)

t **Technology** adds a lot to our lives, but it can get to be too much. Want a break from screens or gaming? Time limits, planned breaks & adding in physical activity can create healthier habits.

- App- [SPACE](#)
- App- [Mindful Powers](#)
- App- [Forest](#)
- Video- [Signs of Video Game Addiction](#)

Information & Referral

To speak or chat with Compass Mark's information & referral team about substance use, gambling, gaming, or other addictions:

- Contact us Mon-Fri/9am - 5pm
- Webchat: compassmark.org
- Call: 717.299.2831 #1


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