



# TALKING ABOUT DRUGS

## GET HELP

Are you struggling with drug use? Is someone you care about having a problem?

Help is available, whether you need it for yourself, a friend, or a family member.

Many resources are available to answer your questions, offer advice or give hands-on help. If you need assistance, contact any of these organizations or groups.

### NATIONAL HELP RESOURCES

#### Kids Help Phone

- > Canada's only counselling and information service for children and youth provides immediate, anonymous and confidential support.
- > The toll-free, bilingual service operates 24 hours a day, 365 days a year.
- > Visit the website, or call 1-800-668-6868
- > [www.kidshelpphone.ca/Teens/Home.aspx](http://www.kidshelpphone.ca/Teens/Home.aspx)

#### Canadian Centre on Substance Abuse

- > Provides leadership in reducing the harm of alcohol and other drugs on society.
- > [www.ccsa.ca/Eng/Pages/default.aspx](http://www.ccsa.ca/Eng/Pages/default.aspx)

#### Partnership for a drug-free Canada

- > Provides parents with the tools they need to talk to their kids.
- > [www.canadadrugfree.org](http://www.canadadrugfree.org)

#### Centre for Addiction and Mental Health

- > Canada's largest hospital devoted to mental health and addiction.
- > [www.camh.ca/en/hospital/Pages/home.aspx](http://www.camh.ca/en/hospital/Pages/home.aspx)

#### Centre for Youth Crime Prevention

- > Drug awareness program organized by the Royal Canadian Mounted Police Centre for Youth Crime Prevention.
- > [www.rcmp-grc.gc.ca/cycp-cpcj/index-eng.htm](http://www.rcmp-grc.gc.ca/cycp-cpcj/index-eng.htm)

#### Canadian Assembly of Narcotics Anonymous

- > Provides information and services to recovering drug addicts.
- > [www.canaacna.org](http://www.canaacna.org)

#### eMentalHealth.ca

- > Mental health services, help and support in your community.
- > [www.eMentalHealth.ca](http://www.eMentalHealth.ca)



## HELP RESOURCES IN YOUR PROVINCE OR TERRITORY

### ALBERTA

#### Alberta Health Services Addiction Helpline

- > A 24-hour confidential service available to all Albertans.
- > Toll-free: 1-866-332-2322

#### Alberta Health Services—Addiction and Substance Abuse

- > A list of programs, services and treatment facilities available in Alberta.
- > [www.albertahealthservices.ca/addiction.asp](http://www.albertahealthservices.ca/addiction.asp)

#### Alcohol and Drug Use in Young People

- > Prevention strategies for parents and caregivers.
- > [www.myhealth.alberta.ca/health/pages/conditions.aspx?hwId=tp17749](http://www.myhealth.alberta.ca/health/pages/conditions.aspx?hwId=tp17749)

### BRITISH COLUMBIA

#### Alcohol and Drug Information and Referral Service

- > This service is available to people across B.C. needing help with any kind of substance abuse issues 24 hours a day. It provides information and referral to education, prevention and treatment services and regulatory agencies.
- > Toll-Free: 1-800-663-1441
- > Lower Mainland: 604-660-9382

#### HealthLink BC

- > HealthLink BC helps you learn about health topics, check your symptoms and find the health services and resources that you need for healthy living. Call 8-1-1 to consult with a nurse, pharmacist or dietitian or visit [HealthLinkBC.ca](http://HealthLinkBC.ca) for easy access to help you find the health services you need, closest to where you live. Translation services are available in over 130 languages on request.
- > Anywhere in B.C.: 8-1-1
- > TTY (Deaf and hearing-impaired): 7-1-1

#### BC Crisis Line

- > Toll-Free: 310-6789 (no area code needed)
- > [www.crisislines.bc.ca](http://www.crisislines.bc.ca)

#### Kelty Mental Health Resource Centre

- > A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across B.C.
- > Toll-Free: 1-800-665-1822
- > Lower Mainland: 604-875-2084
- > [www.keltymentalhealth.ca/substance-use](http://www.keltymentalhealth.ca/substance-use)

#### BC Mental Health and Substance Use Services

- > Tel: 604-875-2345, or toll-free (in B.C. only) 1-888-300-3088
- > [www.bcmhsus.ca](http://www.bcmhsus.ca)

#### Mind Check

- > Designed to help youth and young adults in British Columbia check out how they're feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.
- > [www.mindcheck.ca](http://www.mindcheck.ca)

#### Here to Help

- > Provides access to information on mental health, mental disorders and substance use problems and disorders.
- > [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

### MANITOBA

#### Government of Manitoba, Healthy Living and Seniors, Addictions

- > [www.gov.mb.ca/healthyliving/addictions/index.html](http://www.gov.mb.ca/healthyliving/addictions/index.html)

#### Provincial Adult Addictions Information

- > Toll-Free Line: 1-855-662-6605

#### Youth Addictions Centralized Intake Service

- > Toll-Free Line: 1-877-710-3999

#### Addictions Foundation of Manitoba

- > [www.afm.mb.ca](http://www.afm.mb.ca)

#### Resource Assistance For Youth (RaY)

- > 1-204-783-5617
- > [www.rayinc.ca](http://www.rayinc.ca)

### Mobile Crisis Services

- > Winnipeg RHA—Adult Mobile Crisis Service: 204-940-1781
- > Youth Mobile Crisis Team: 204-949-4777
- > Interlake—Eastern RHA—Mobile Crisis Services: 204-482-5376 or toll free 1-877-499-8770
- > Prairie Mountain Health—Mobile Crisis Unit: 204-725-4411
- > Southern Health—East of Red River Mental Health Access Crisis Response Services/Warm Call line: 204-326-9276 or 1-888-617-7715
- > Southern Health—West of Red River Mental Health Access Crisis Response: 1-866-588-1697
- > [www.gov.mb.ca/healthyliving/mh/crisis.html](http://www.gov.mb.ca/healthyliving/mh/crisis.html)

### Crisis Line

- > 24/7 Crisis Line: 204-786-8686

### NEW BRUNSWICK

#### Tele-care

- > Call from anywhere in New Brunswick (available 24 hours/day).
- > Tel: 8-1-1

#### Addiction Treatment Services

- > A branch of New Brunswick's Department of Health.
- > [www.gnb.ca/0378/addiction-e.asp](http://www.gnb.ca/0378/addiction-e.asp)
- > [www.gnb.ca/0378/centers-e.asp](http://www.gnb.ca/0378/centers-e.asp)

### NEWFOUNDLAND AND LABRADOR

#### Newfoundland and Labrador Healthline

- > Call toll-free 24-hours a day.
- > Toll-free: 1-888-709-2929
- > TTY: 1-888-709-3555
- > [www.yourhealthline.ca](http://www.yourhealthline.ca)

#### Provincial Mental Health Crisis Line

- > Toll-free: 1-888-737-4668

#### Government of Newfoundland and Labrador, Department of Health and Community Services Mental Health and Addictions

- > Call: 1-709-729-3658
- > [www.gov.nl.ca/health/mentalhealth/index.html](http://www.gov.nl.ca/health/mentalhealth/index.html)
- > [www.getuponit.ca](http://www.getuponit.ca)
- > [www.understandnow.ca](http://www.understandnow.ca)

### NORTHWEST TERRITORIES

#### Northwest Territories Helpline

- > Call toll-free from anywhere in the Northwest Territories
- > Toll-Free: 1-800-661-0844

#### Government of the Northwest Territories, Department of Health and Social Services, Addictions: where to get help

- > [www.hss.gov.nt.ca/social-services/mental-health-and-addictions/addictions-where-get-help](http://www.hss.gov.nt.ca/social-services/mental-health-and-addictions/addictions-where-get-help)

### NOVA SCOTIA

#### Government of Nova Scotia

- > Department of Health and Wellness Addiction Services
- > [www.novascotia.ca/dhw/addictions/addiction-services-offices.asp](http://www.novascotia.ca/dhw/addictions/addiction-services-offices.asp)

#### Addiction Services Provincial Line

- > Tel: 1-866-340-6700

### NUNAVUT

#### Nunavut Kamatsiaqtut Help Line

- > Provides anonymous and confidential telephone counselling for northerners in crisis.
- > Tel: 867-979-3333
- > Toll-Free: 1-800-265-3333
- > [www.nunavuthelpline.ca/index.html](http://www.nunavuthelpline.ca/index.html)

#### Government of Nunavut, Department of Health

- > [www.gov.nu.ca/health](http://www.gov.nu.ca/health)

### ONTARIO

#### Ministry of Health and Long Term Care, Mental Health and Addictions

- > [www.health.gov.on.ca/en/public/programs/mentalhealth](http://www.health.gov.on.ca/en/public/programs/mentalhealth)

#### ConnexOntario, Drug and Alcohol Helpline

- > Provides free, confidential and anonymous information services about drug and alcohol addiction services in Ontario, by phone, email or web chat, 24/7/365.
- > Toll-Free: 1-800-565-8603
- > [www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

#### Parent Action on Drugs

- > Develops programs and resources for parents, youth, educators, health promoters and communities related to substance abuse.
- > [www.parentactionondrugs.org](http://www.parentactionondrugs.org)



### **Good2Talk**

- > Is a free, confidential and anonymous helpline (24/7/365) for post-secondary students (17-25) in Ontario that provides professional counselling and information and referrals on mental health, addictions and well-being.
- > Toll-Free: 1-866-925-5454
- > [www.good2talk.ca](http://www.good2talk.ca)

### **PRINCE EDWARD ISLAND**

#### **Prince Edward Island Addiction Services**

- > Toll-Free from anywhere in Prince Edward Island: 1-888-299-8399

#### **Health PEI**

- > [www.healthpei.ca](http://www.healthpei.ca)

### **QUEBEC**

#### **Ministère de la Santé et des Services sociaux**

- > Government of Quebec website
- > [www.dependances.gouv.qc.ca](http://www.dependances.gouv.qc.ca)

#### **Drugs: Help and Referrals**

- > Call toll-free from anywhere in Quebec or locally in Montreal.
- > Toll-Free: 1-800-265-2626
- > Montreal: 514-527-2626
- > [www.drogue-aidereference.qc.ca](http://www.drogue-aidereference.qc.ca)

#### **Tel-jeunes**

- > Helpline for youth. Call 24 hours/day, 7 days/week toll-free anywhere in Quebec.
- > Toll-Free: 1-800-263-2266
- > Tel: 514-600-1002 (text messaging, from 8am to 10pm)
- > [www.teljeunes.com](http://www.teljeunes.com)

#### **LigneParents**

- > Helpline for parents. Call 24 hours/day, 7 days/week toll-free anywhere in Quebec.
- > Toll-Free: 1-800-361-5085
- > [www.ligneparents.com](http://www.ligneparents.com)

### **SASKATCHEWAN**

#### **Government of Saskatchewan HealthLine**

- > Online and telephone services for adults, youth and health providers.
- > Tel: 8-1-1
- > [www.health.gov.sk.ca/healthline-online](http://www.health.gov.sk.ca/healthline-online)

#### **Government of Saskatchewan, Healthy Living, Alcohol, Drugs and your Health**

- > Information about the risks and effects of drug and alcohol abuse.
- > [www.health.gov.sk.ca/alcohol-and-drugs](http://www.health.gov.sk.ca/alcohol-and-drugs)

#### **Government of Saskatchewan, Mental Health and Addictions, Alcohol and Drug Services**

- > Directory of Alcohol and Drug Treatment Services
- > [www.health.gov.sk.ca/treatment-services-directory](http://www.health.gov.sk.ca/treatment-services-directory)

### **YUKON**

#### **Alcohol and Drug Information and Referral Service**

- > A 24-hour toll-free helpline from anywhere in Yukon.
- > Toll-Free: 1-855-667-5777
- > [www.hss.govyk.ca/adirs\\_helpline.php](http://www.hss.govyk.ca/adirs_helpline.php)

#### **Government of Yukon, Alcohol and Drug Services**

- > [www.hss.govyk.ca/ads.php](http://www.hss.govyk.ca/ads.php)

