

YOUTH SUBSTANCE USE RESOURCES

Alana Sigurdson
Youth Substance Use Counsellor
Shared Health Mental Health & Addictions

On site in RETSD schools
204-260-9921
asigurdson@retsd.mb.ca

Youth Addictions Centralized Intake
1-877-710-3999

Crisis Resources (available 24/7)

Kids Help Phone: 1-800-668-6868 or
text 686868

Mobile Crisis team: (204) 949-4777





SUBSTANCE USE RESOURCES FOR PARENTS



Parent Support Hub: Drug Free Canada
This site has online support for parents, substance specific information and strategies to support your youth.

<https://www.drugfreekidscanada.org/>



Kids & Drugs

A parents Guide to Prevention



Parents Like Us: The Unofficial Survival Guide to Parenting a Youth with a Substance Use Disorder



Community Reinforcement and Family Training (CRAFT) for Substance Use
In person course for parents looking for support for their youth's substance use

