

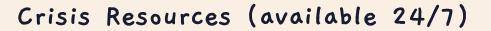
YOUTH SUBSTANCE USE RESOURCES

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





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

<u>A parents Guide to Prevention</u>





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