

SUBSTANCE USE RESOURCES OVER SUMMER BREAK

Youth Addictions Centralized Intake
1-877-710-3999

Compass In-House Treatment
Program
204-944-6274

- Crisis Resources (available 24/7)
- Kids Help Phone: 1-800-668-6868 or text 686868
- Mobile Crisis team: (204) 949-4777
- Suicide Crisis Helpline: 988
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310

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/>

