

# SUBSTANCE USE

## A Resource Guide for Youth

There is a large variety of resources that offer support regarding substance use and addiction, as well as mental health at large in Canada. However, it is easy to get lost. This document outlines reliable resources for each province and territory. Most of them are specifically designed for young people.

### NATIONWIDE

#### Kids Help Phone

E-mental health services are available 24/7 across Canada. Kids Help Phone provides information on various mental health topics as well as virtual and phone counselling. A search function is also available to find resources that are closer to the individual. (Youth of all ages)

<https://kidshelpphone.ca/resources-around-me>

#### Indigenous-friendly resource: Hope for Wellness Help Line

Available 24/7 to provide immediate help (counselling or crisis intervention) to all Indigenous peoples across Canada. For people of all ages. Counsellors can also help find other wellness supports local to the caller. Phone and online services are available in English and French. Telephone counselling is also available in Cree, Ojibway, and Inuktitut.

Call 1-855-242-3310, toll-free.

#### LGBTQ2S+-friendly resource: Trans Lifeline

Run by and for trans people, needing someone to talk to (even if not in crisis). Fully confidential and does not involve operators contacting non-consensual active rescue (e.g. 911, emergency services, or law enforcement). Available in many languages (All ages)

Call (877) 330-6366.

### YUKON

#### Child, Youth and Family Treatment Team

Provides services to children, youth, and families in Yukon. Includes a youth treatment and recovery program with an emphasis on substance use, harm reduction, and multiple challenges. Phone line open Monday to Friday from 8:30 am to 5 pm. (Youth-specific)

<https://yukon.ca/en/health-and-wellness/mental-wellness/get-counselling-and-support-families-youth-and-children>

Call 1-800-456-3838



## BRITISH COLUMBIA

### 310 Mental Health Support

Can be reached at 310-6789 (no need to dial an area code), available 24/7 for free for BC residents. (All ages)

### Here to Help

Get more information and resources to help you support someone else such as a member of your family or a friend.

[www.heretohelp.bc.ca/support-someone-else](http://www.heretohelp.bc.ca/support-someone-else)

### Fraser Help

Find various information booklet, resources, apps, websites, etc. to help you with various mental health topics.

[www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/child-and-youth-mental-health-and-substance-use/child-and-youth-resources#.Yfqzki3b0gp](http://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/child-and-youth-mental-health-and-substance-use/child-and-youth-resources#.Yfqzki3b0gp)

## NORTHWEST TERRITORIES

### Mental Health and Addictions Recovery

lists a variety of supports including the NWT Help Line, offering free, confidential support 24/7 to NWT residents. (All ages)

[www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/mental-wellness-and-addictions-recovery-supports--](http://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery/mental-wellness-and-addictions-recovery-supports--)

Call 1-800-661-0844

 [www.facebook.com/NWTHelpLine/](https://www.facebook.com/NWTHelpLine/)

## ALBERTA

### Alberta Addiction Helpline

Available 24/7 to all Albertans, and staffed by a trained multidisciplinary team of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists. (All ages)

[www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399&serviceAtFacilityID=1047128](http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399&serviceAtFacilityID=1047128)  
Call 1-866-332-2322



## SASKATCHEWAN

### HealthLine 811

Open 24/7 for free to all residents of Saskatchewan. Services are in English with translation available in > 100 languages. Staffed by trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers. Deaf and hard of hearing residents can access the service by using the SaskTel Relay Operator service. (All ages)

Call 1-877-800-0002 or dial 811  
Sasktel Relay Operator 1-800-855-0511

## NUNAVUT

### Kamatsiaqtut Nunavut Helpline

Available 24/7 for free anonymous help with substance use and mental health from trained volunteers at 867.979.3333 (local Nunavut number) or 1.800.265.3333 (toll-free outside of Iqaluit and residents of Nunavumiut). Note that it is not just a crisis line, but is also a help line. (All ages)

<http://nunavuthelpline.ca>

## MANITOBA

### MATC (Manitoba Adolescent Treatment Center)

The service is designed to assist Manitobans in navigating the continuum of youth addiction services and identifying an appropriate program to connect with an addictions counsellor who can help individuals find a suitable program in the community. (Youth specific)

Call 1-877-710-3999

## ONTARIO

### Good to Talk

Free 24/7 confidential support, specifically for post-secondary students. Includes options to call 1-866-925-5454, text GOODTOTALKON to 686868, use Facebook Messenger, or search for resources near you on and off campus. Phone service is also available in Mandarin. (Older youth specific)

<https://good2talk.ca/ontario>



## ConnexOntario

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Available 24/7 for free and confidential services connecting Ontario residents to services for addiction. Bilingual (services available in English and French) with translation available through a translator in over 170 languages. Call 1-866-531-2600 or use the texting or webchat options to connect. (All ages)

[www.connexontario.ca/en-ca](http://www.connexontario.ca/en-ca)

## QUÉBEC

### Tel-jeunes (French Only)

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Resource for youth who need information, to be listened to or to share without judgment. Available in French only - calling available 24/7 at 1-800-263-2266. Text messaging available 8 am-10:30 pm by texting 514-600-1002. (Youth-specific)

[www.teljeunes.com/Tel-jeunes](http://www.teljeunes.com/Tel-jeunes)

### Drugs: Help and referral

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Bilingual (available in English and French) resource to help with substance use and referrals, available 24/7. Call 1-800-265-2626 (anywhere in Quebec) or 514-527-2626 (Greater Montreal area). (All ages)

[www.aidedrogue.ca](http://www.aidedrogue.ca)

## NEW BRUNSWICK

### Chimo Helpline

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Provincial crisis phone line accessible 24/7 for free to all residents of New Brunswick. Provides support, information or crisis intervention on various mental health issues. Bilingual (available in French and English). (All ages)

[www.chimohelpline.ca](http://www.chimohelpline.ca)

Call 1-800-667-5005

## PRINCE EDWARD ISLAND

### Youth and Family Addiction Services

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Offers a variety of youth-specific resources for help with addiction, including one-on-one counselling, group counselling and education, and aftercare. (Youth-specific)

[www.princeedwardisland.ca/en/information/health-pei/youth-and-family-addiction-services](http://www.princeedwardisland.ca/en/information/health-pei/youth-and-family-addiction-services)



**Pan-Canadian  
Joint Consortium for School Health**  
Governments Working Across the Health and Education Sectors

The Students  
Commission  
Centre of Excellence for  
Youth Engagement



La commission  
des étudiants  
Le centre d'excellence pour  
l'engagement des jeunes

## Mental Health and Addictions Phone Line

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Available 24/7 and answered by registered nurses or social workers. (All ages)

Call 1-833-553-6983

## NOVA SCOTIA

### Good2Talk

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Free 24/7 confidential support, specifically for post-secondary students. Can be reached via phoning 1-833-292-3698 or texting GOODTOTALKNS to 686868. (Older youth-specific)

<https://good2talk.ca/novascotia/>

### Drugs: Help and referral

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24/7 support for all residents of Nova Scotia facing mental health challenges, including substance use difficulties. (All ages)

<https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line>  
Call 902-429-8167 or 1-888-429-8167 (toll free)

## NEWFOUNDLAND & LABRADOR

### Help Lines and Navigator

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Provides links to a variety of supports and offers HealthLine 811 or TTY 1-888-709-3555 (staffed 24/7 by trained RNs). (All ages)

[www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/helplines-and-navigator/](http://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/helplines-and-navigator/)

### Helpline for the Mental Health and Addictions Systems Navigator

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This resource is specifically to help navigating the system and connecting to the right service) at 1-877-999-7589 or (709) 752-3916- this service also accepts VRS calls at 752-3916 or 1-877-999-7589. (All ages)

### First Nations & Inuit Hope for Wellness Line

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Resource for First Nations and Inuit people available 24/7 to provide culturally competent crisis intervention support at 1-855-242-3310. (All ages)