

# YOUTH SUBSTANCE USE RESOURCES OVER SUMMER BREAK



Youth Substance Use Counselling & Compass  
In-House Treatment Program  
Shared Health Mental Health & Addictions  
204-944-6274



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



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/>

