

I need to talk to someone about drugs, but who?

If you're turning to drugs or alcohol to help you cope with life and you're reading this, you've already taken the first step. Recognizing that you have a problem and getting help can be scary, but it shows that you are ready and willing to make a change.

How do I know if I have a drug problem?

Identifying a drug or alcohol problem is not always easy but the sooner you realize that there is an issue, the sooner you can get help.

Signs of a drug or alcohol problem may include:

- Drop in grades
- Frequent hangovers
- Being consistently late for school or work
- Lack of motivation
- Alcohol or drug-related injuries or blackouts
- Relationship problems

- Loss of hope and control
- Feelings of emptiness, anxiety, depression or denial
- Continued drug use, even when you want to stop

The following links may also help you check drug and alcohol use:

- Alcohol: <http://camh.alcoholhelpcenter.net>
- Marijuana: www.whatswithweed.ca
- Opioids: http://knowledgex.camh.net/policy_health/substance_use/mmt_community_guide/pages/opioid_dependence.aspx
- Tobacco: <http://www.rochester.edu/uhs/healthtopics/Tobacco/AssessmentFiles/SelfAssessment.pdf>



There are many options,
don't give up until you find the
right one for you.

**Remember, you're
NOT alone!**

1-800-361-5653
TTY: **1-866-252-9933**



York Region Health Connection

Community and Health Services

Public Health

www.york.ca



I want to talk to my parents about drugs but can they really help?

Remember, your parents were once your age and may be able to relate to what you are going through. Be honest and open, share your concerns and ask for their help and support. Here are some tips for talking with your parents:

- Tell them you need their support
- Try to explain your reasons for using drugs – Together you can talk about your problems and find alternate ways to cope, besides drug use
- Be prepared for a reaction – Parents may be shocked, angry or emotional
- Be prepared to listen to your parents' values and views even though they may not be the same as yours – Don't get defensive

Where else can I go for help?

- Addiction Services of York Region
1-800-263-2288, www.asyr.ca
- Alcoholics Anonymous
416-487-5591 or 1-877-404-5591 (outside of Toronto)
www.aatoronto.org
- Centre for Addiction and Mental Health
1-800-463-6273, www.camh.net
- Centre for Addiction and Mental Health – Aboriginal Services
416-535-8501 ext. 7657
- ConnexOntario
1-800-565-8603, www.connexontario.ca
- Kids Help Phone
1-800-668-6868, www.kidshelpphone.com
- 310-COPE
416-310-2673 (Counselling & Support)

Not comfortable talking to your parents?

If you're uncomfortable talking to your parents, choose someone you're comfortable being around and someone you can trust such as:

- Guidance counsellors, teachers or principals
- A family doctor or health care professional
- Close friends and family members including older siblings or cousins
- A faith leader or member of your religious institution
- A caring neighbour, coach or youth worker
- A helpline volunteer

- Narcotics Anonymous
1-877-414-4464, www.anchorna.org
- Smoker's Helpline
1-877-513-5333, www.smokershelpline.ca
- Vaughan Community Health Centre
905-303-8490, www.vaughanhealthcarechc.com
- Vitanova Foundation, Drug and Alcohol Rehabilitation Centre
905-850-3690, www.vitanova.ca
- York Region Health Connection
1-800-361-5653, TTY (for the hearing impaired)
1-866-252-9933, www.york.ca/health



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