



Substance Use Fact Sheet

RESOURCES FOR FAMILIES AFFECTED BY SUBSTANCE USE

This Fact Sheet is a compilation of trustworthy resources to support families and caregivers affected by substance use.

RESOURCES FOR FAMILIES AFFECTED BY SUBSTANCE USE

If your loved one is struggling with substance use, these resources (information, tools and support groups) may help. If you are in crisis and not able to visit or get in touch with your [local Mental Health & Substance Use Centre](#), please contact the [Interior Crisis Line Network](#) at **1-888-353-2273** for immediate assistance.



Click on the links below for more information.

For more Substance Use Fact Sheets click [here](#).

Family & Caregiver Resources

[Toward the Heart Take Home Naloxone Program](#)

How to use and where to get Take Home Naloxone kits

[Opioids - A Survivor's Guide](#)

Meds & Treatment broken down by the people who've lived them

[Gone Too Soon](#)

Navigating the grief and loss as a result of substance use

[Coping Kit - From Grief to Action](#)

Dealing with Addiction in Your Family

[Family and Caregiver Resources](#)

Information & resources compiled by *BC Centre on Substance Use*

Self Care for Families Fact Sheet
(coming soon)

[Canadian Centre on Substance Use and Addiction](#)

Information on substances and addiction

[Substance Abuse and Mental Health Services Administration](#)

Resources for families supporting a loved one

[Here to Help](#)

Information on how to support a loved one with substance use problems

[Alcohol & Other Drugs](#)

A resource library compiled by *Here to Help*

[Home Detox Resource](#)

Withdrawal management tips

[Addiction Matters Kamloops](#)

A coalition working in the field of substance use

Accessing Care and Treatment Options Fact Sheet
(coming soon)

Support Groups

[BC Bereavement Helpline Loss due to Substance Use](#)

Navigating the Personal Impacts of Family-led Dialogues

[Self-Management for Addiction \(SMART\) Recovery](#)

Free mutual-support groups, access helpful resources

[Moms Stop the Harm](#)

Information about grief & loss & local peer-led grief support groups

[The Addict's Mom](#)

A group focusing on the mothers of addicted children

Youth Supportive Resources

[Foundry](#)

Services for young people ages 12-24

[Virtual Foundry](#)

Virtual drop-in counselling sessions for young people aged 12-24

[Kelty Mental Health Resource Centre](#)

Information on substance use from *BC Children's Hospital*

[Parents in Residence](#) *(Kelty Mental Health)*

Support for families of youth from parents with lived experience

[Mental Health & Wellness Resources for Youth](#)

Wellness resources compiled by First Nations Health Authority

For supports & resources near you please contact the [Access Services Program](#) at your local [Mental Health & Substance Use Centre](#)

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