



# 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.

Find out about [Substance Use Services](#) in your area.

Find more [Substance Use Fact Sheets](#).

**Click on the links below for more information.**

Family & Caregiver Resources	Youth Supportive Resources
<a href="#">Take Home Naloxone Program (Toward the Heart)</a> How to use and where to get Take Home Naloxone kits	<a href="#">Foundry</a> Services for young people ages 12-24
<a href="#">Opioids - A Survivor's Guide</a> Meds & Treatment broken down by the people who've lived them	<a href="#">Virtual Foundry</a> Virtual drop-in counselling sessions for young people aged 12-24
<a href="#">Coping Kit - From Grief to Action</a> Dealing with Addiction in Your Family	<a href="#">Kelty Mental Health Resource Centre</a> Information on substance use from BC Children's Hospital
<a href="#">Family and Caregiver Resources</a> Information & resources compiled by BC Centre on Substance Use	<a href="#">Substance Use &amp; Young People (Here to Help)</a> A guide for families and their caring communities
<a href="#">Parents Like Us (Foundry)</a> Parenting a young person with a Substance Use Disorder	<a href="#">Mental Health &amp; Wellness Resources for Youth</a> Wellness resources compiled by First Nations Health Authority
<a href="#">Family Toolkit (Here to Help)</a> How to support a loved one with substance use problems	<a href="#">Safer Use Services (Here to Help)</a> Information on how to reduce harms when using substances
<a href="#">For Families &amp; Caregivers (Foundry)</a> Information on how to tell if a youth needs support.	<a href="#">Drug Information (DanceSafe)</a> Find out about drugs and their effects
<a href="#">Gone Too Soon</a> Navigating the grief and loss as a result of substance use	<a href="#">Real Drug Education for Teens</a> Safety First ( <i>Drug Policy Alliance</i> )
<a href="#">BC Bereavement Helpline Loss due to Substance Use</a> Navigating the Personal Impacts of Family-led Dialogues	<b>Peer Support</b>
<a href="#">8 Tips for Talking to Your Teen about Alcohol &amp; Other Drugs</a> Safety First ( <i>Drug Policy Alliance</i> )	<a href="#">Peer Support for Families (Kelty Mental Health)</a> Support for families of youth from parents with lived experience
<a href="#">The Real Reasons Teens Use Drugs</a> Safety First ( <i>Drug Policy Alliance</i> )	<a href="#">Peer Support for Families &amp; Youth (Foundry)</a> Connect with another young person who's there to listen
<a href="#">Teens Prefer Harm Reduction Messaging on Substance Use</a> UBC Research on Harm Reduction	<a href="#">Holding Hope with Moms Stop the Harm</a> Supporting a loved one struggling with substance use
<a href="#">Canadian Centre on Substance Use and Addiction</a> Information on substances and addiction	<a href="#">Healing Hearts with Moms Stop the Harm</a> Peer support after a loss from substance use related causes
<a href="#">Substance Abuse and Mental Health Services Administration</a> Resources for families supporting a loved one	<a href="#">The Addict's Mom</a> A group focusing on the mothers of addicted children
<a href="#">Alcohol &amp; Other Drugs</a> A resource library compiled by Here to Help	<a href="#">Self-Management for Addiction (SMART) Recovery</a> Free mutual-support groups, access helpful resources
<a href="#">Cannabis Toolkit (Get Sensible)</a> How to have conversations about cannabis with young people	
<a href="#">Home Detox Resource</a> Withdrawal management tips	
<a href="#">Addiction Matters Kamloops</a> A coalition working in the field of substance use	
<a href="#">Help Lines Fact Sheet</a> Directory of Provincial Lines	
<a href="#">Mobile Apps &amp; Virtual Treatment Fact Sheet</a> Virtual supports accessible through an internet connected device	

Call 310-MHSU (6478)  
to connect to your local  
Mental Health & Substance Use Centre  
for supports & resources near you.

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