


SUBSTANCES AND HARM REDUCTION TIPS

[Dance Safe:](#)  Neutral, fact-based information on a variety of substances including: What is it? What are the effects? What are the risks? Harm Reduction tips to help reduce the risks.

[Drugs and Mental Health - Youth Rise \(International\):](#) Excellent resource on the effects of using substances when also experiencing mental health challenges.

[Foundry BC:](#) Information about alcohol and other substances and how to reduce possible harms.

[Drugs A-Z - Release:](#)  Good neutral fact-based resource on drugs and their effects; contains harm reduction information.

Caution: Legal section is based on UK Law NOT Canadian Law.

[Erowid:](#)  Extensive, in-depth library of information about psychoactive plants, chemicals and related topics.

[Psychoactive Substance Index - Psychonaut Wiki:](#) Extensive, in-depth resource provides unbiased information about psychoactive substances

[Trip! Project:](#) Trip! Project was born out of a need for appropriate drug and sex information within the rave scene. Provides safer drug use and safer sex information as well as neutral information on a variety of substances.

[Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies - Canadian Centre on Substance Use and Addiction:](#) Provides introductory information and a set of exercises to engage youth in meaningful discussions and conversations about cannabis using harm reduction approach.

[The Blunt Truth - Useful tips about safer ways to use cannabis - Centre for Addiction and Mental Health:](#) Developed for youth by youth, this resource lets you know what science recommends to help reduce some of the risks to health and well-being if you choose to use cannabis.