

Youth Substance Use Counselling & Treatment



We'll meet you where you're at.
Without judgement. We'll work
with you to meet your goals.

Mental Health & Substance Use Services

**For more information
call 310-MHSU (6478)**

or speak with primary care
(doctor / nurse practitioner)
community or school support



<https://qrco.de/IH-YSU-CT>

Available in:

100 Mile House
Kamloops
Kelowna
Merritt
Penticton
Vernon
Williams Lake



Interior Health

Youth Substance Use Counselling & Treatment works with you and your circle of support (where applicable) to set goals, provide substance use counselling and connect with community supports; to help keep you safe and strengthen wellness.

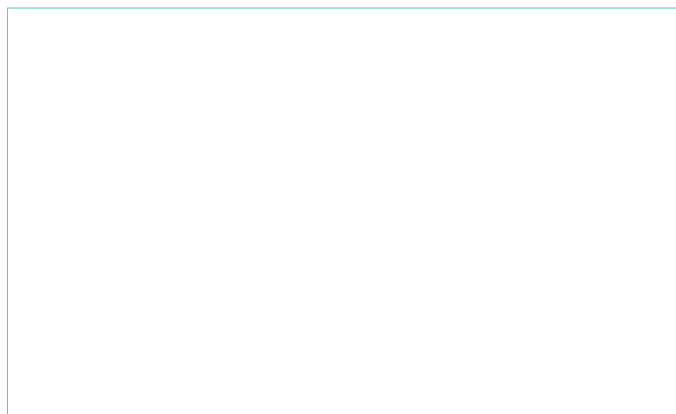
Are you between the ages of 12 and 24 and are...?

- navigating substance use
- curious about your relationship with substances

Do you want to...?

- find out about harm reduction
- learn about triggers, cravings and urges
- learn new skills
- increase your self-esteem
- discover ways to process emotions
- try ways of communicating that make you feel understood/heard
- develop a strong support network

Services are Free and Confidential



Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, syilx, and Tšilhqot'in Nations where we live, learn, collaborate and work together.

