

# Parent Resources: Youth and Substances

## **Podcasts and Videos**

<https://keltymentalhealth.ca/podcast/substance-use-youth>

The ABCs of substance use and connecting with our kids

<https://www.youtube.com/watch?v=RebblLqqazI>

Fraser Health Overdose Prevention (video at bottom of page)

[https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/overdose-prevention-and-response/overdose-resources-for-schools-and-parents#.ZG4\\_aHbMLIX](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/overdose-prevention-and-response/overdose-resources-for-schools-and-parents#.ZG4_aHbMLIX)

The A-Z of Vaping Videos

A is for Addictive

<https://www.youtube.com/watch?v=OsuyOzGH25U>

F is Formaldehyde

<https://www.youtube.com/watch?v=xUOgjaEOoOA>

P is for Popcorn Lung

<https://www.youtube.com/watch?v=fRs9Hf6BX78>

## **Counselling and Support**

Alcohol and Drug Information Referral Service

<https://www.healthlinkbc.ca/mental-health-substance-use/resources/alcohol-drug-information-referral-service>

FraserSide

<https://www.fraserside.bc.ca/mental-health-and-counselling/perspectives-youth-family-outreach/>

Dan's Legacy

<https://danslegacy.com/help/>

Family Smart

<https://familysmart.ca/parent-peer-support/bc-parent-peer-support/>

Child and Youth Mental Health resources

<https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/child-and-youth-mental-health-and-substance-use/child-and-youth-resources#.ZG1RXnbMLIW>

## **Other Resources**

McCreary Centre Society

<https://mcs.bc.ca/ahs>

An Evaluation of Psychoactive Substances that Bring Youth to the Emergency Department

[An Evaluation of Psychoactive Substances that Bring Youth to the Emergency Department: Focus on Alcohol, Cannabis and Opioids \(ccsa.ca\)](#)