

Let's Talk: Youth & Alcohol

Help Them Make the Right Choices

Session Resources

- [Drugs: How to Talk to Youth](#)
- [Refusal Skills & Strategies](#)
- [Party Safer Tips](#)
- [Canada's Low Risk Alcohol Drinking Guidelines](#)

Other Resources

- Alcohol Resource Set:
 - [Responsible Use](#)
 - [Supporting Others](#)
 - [Withdrawal](#)
 - [Maintain Recovery](#)
- [Knowing Your Limits With Alcohol](#)
- [Non-alcoholic Drink Recipes](#)

Alcohol Poisoning

- Blue, cold, clammy skin
- Vomiting
- Passed out, won't wake up
- Slowed breathing

Call 911 and place in the recovery position:



Mental Health & Addiction Services

Port aux Basques	695-6250
Burgeo	886-2185
Stephenville	643-8740
Corner Brook	
Adult	634-4506
Children & Youth	634-4171
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125



Rapid access to counselling services 'one session at a time'. Call the office in your area to discuss options.

Youth Outreach Services

Port aux Basques	695-9601
Stephenville	643-4595
Corner Brook	639-1710
Norris Point	458-2381 ext.271

Mental Health Crisis Line:	1-888-737-4668
Crisis Text Line:	text 'Talk' to 686868
Kids Help Phone:	1-800-668-6868
HEALTHLINE:	811

CheckItOutNL.ca Bridge the gapp.ca

