



# DRUGS

## How to Talk to Youth

**You are an important role model. Help youth make the right choices.**

**START EARLY & TALK OFTEN** Eat dinner together & do things as a family to improve communication & attachment. Talking openly will help strengthen your relationship with your youth. Take advantage of 'teachable moments' in the car, watching TV, or at the dinner table.

**SET AN EXAMPLE** Be responsible about your own use of alcohol & other drugs.

**BE OPEN** Negotiate limits, family rules & consequences. Respect their independence. Think about their point of view & listen to what they have to say.

**PROVIDE A SAFETY NET** Enforce limits but let them know that safety comes first & they can depend on you to help keep them safe.

**STAY INFORMED** You don't have to be an expert but be in the know about alcohol & other drugs to help them make better choices.

**CHECK IN** Know where they are & who they're with. Support positive friendships & help them stay connected with school & after school activities. Encourage community involvement.

**LEARN FROM MISTAKES** Recognize that experimentation & mistakes happen. Use this as learning opportunities. Focus on facts, not emotions.

**SEEK HELP** If you are concerned about yourself or your youth's substance use.





## KNOW THE SIGNS

- **Avoids contact with you**
- **Change in sleeping &/or eating patterns**
- **Change in behaviour or appearance** – mood swings, signs of depression, secretive, slurred speech, red/watery eyes, weight loss, etc.
- **Confusion or difficulty concentrating**
- **Change at school or activities** - lower grades, attendance issues or behaviour problems, loss of interest in sports or hobbies
- **Possession of paraphernalia** - pipes, rolling papers, vape pen, syringes, spoons, etc.
- **Presence of new or different friends**

*Recovery Position*



## CALL 911 IF...

### Alcohol Poisoning

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

### Cannabis - Greening Out

- Vomiting
- Dizziness
- Chest pain
- Shortness of breath
- Anxiety or panic attacks

### Opioid Overdose

- Can't wake up
- Breath slowed/stopped
- Choking or gurgling
- Pupils are very small
- Blue, cold, clammy skin

## 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

### Youth Outreach Services

Port aux Basques	695-6901
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

**WesternHealth.nl.ca/mha**

Prevention & promotion resources

**CheckItOutNL.ca**

Bridge **the** gapp.ca

**doorways**

**Western Health**