



Substance Use and Abuse

Individuals suffering from substance abuse have a pattern of repeated usage despite knowing the physical, social, mental, family, and/or occupational problems which result from using such substances.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f3ac7f6dc174e001293a605>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/substance-use-and-abuse/>



Alberta Health Services—Addiction & Mental Health

AHS provides information about addiction and mental health for Albertans of various ages. This page also provides information about getting Help in Tough Times.

<https://www.albertahealthservices.ca/amh/amh.aspx>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to search for the following articles "Alcohol and Drug Use in Young People" and "Substance Abuse".

<https://myhealth.alberta.ca/>



Help4Me

Hosted on the MyHealth.Alberta website, this page provides information about addiction and mental health for young people, parents, and educators. It also provides information about programs and services available in Alberta.

<https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health>



CAMH

The Centre for Addiction and Mental Health offers information about addiction and substance abuse.

<https://www.camh.ca/>



HeretoHelp

A project of the BC Partners for Mental Health and Addictions Information. HeretoHelp provides information to prevent and manage mental health and substance abuse problems.

<https://www.heretohelp.bc.ca/>



Canadian Centre on Substance Abuse

The CCSA aims to educate Canadians about the harms and impact of alcohol and other drugs on society. *L'information est également disponible en français.*

<https://www.ccsa.ca/>



Drug Free Kids Canada

Drug Free Canada educates everyone from children to grandparents about drugs and their effects. They provide tools to help parents navigate the conversation about prescription drugs, street drugs, and other substances.

<https://drugfreekidsCanada.org/>



National Institute on Drug Abuse

NIDA shares drug facts and research so that people can understand how various substances and addiction impact their lives and the lives of those around them. There is even information just for teens.

<https://nida.nih.gov/>



VIDEO—Under Construction: Alcohol and the Teenage Brain

This video shows the damage alcohol can do to a developing brain.

https://www.youtube.com/embed/g2gVzVIBc_g?rel=0



VIDEO—Effects of Cannabis on the Teenage Brain

A short animated video about the effects of cannabis on the brain.

<https://www.youtube.com/embed/FvszaF4vcNY?rel=0>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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