



From the Ground Up Resources List

Addressing Youth Substance Use, Gaming, and Gambling

Alcohol and Youth

- [How young adults can reduce risks related to alcohol use](#) (Government of Canada)
- [Alcohol use](#) (Government of Canada)
- [Talking with teenagers about drugs and alcohol](#) (Government of Canada)
- [Canadian Alcohol and Drugs Survey](#) (Government of Canada)
- [Alcohol](#) (Nova Scotia Health Mental Health and Addictions Program)
- [Alcohol and Youth](#) (Canadian Centre on Substance Use and Addiction)
- [Promotional Material: Drink Less Live More](#) (Canadian Centre on Substance Use and Addiction)

Cannabis

- [Is cannabis safe to use? Facts for youth aged 13-17 years](#) (Government of Canada)
- [Lower-Risk Cannabis Use Guidelines \(LRCUG\) for Youth](#) (Centre for Addiction and Mental Health)
- [Cannabis and Teens](#) (U.S. Centers for Disease Control and Prevention)
- [Cannabis and your health](#) (Government of Canada)
- [Is cannabis safe to use? Facts for youth ages 13-17 years](#) (Government of Canada)
- [Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies](#) (Canadian Centre on Substance Use and Addiction)
- [Cannabis and Youth Mental Health: Online Course](#) (Schizophrenia Society of Canada, YouthREX, and Mental Health Commission of Canada)

Controlled and Illegal Substances

- [Types of Drugs and Substances](#) (RCMP)
- [Talking with teenagers about drugs and alcohol](#) (Government of Canada)
- [Understanding Substance Use Series](#) (Mental Health Literacy)

Digital Content and Online Safety

- **Social media and youth: A call to action** (Canadian Paediatric Society)
- **Digital media: Promoting healthy screen use in school-aged children and adolescents** (Canadian Paediatric Society)
- **Screen time and digital media: Advice for parents of school-aged children and teens** (Canadian Paediatric Society)
- **Canadian 24-Hour Movement Guidelines for the Children and Youth (5-17 years)** (Canadian Society for Exercise Physiology)
- **DIY: Digital Safety** (Digitally Informed Youth)
- **Social Media and Youth Mental Health** (U.S. Department of Health and Human Services)
- **Technology in Education: A Tool on Whose Terms?** (UNESCO)
- **Common Sense Education: Prepare your students for success in a connected world** (Common Sense Media)
- **A Parent's Guide to Teenage Boredom** (Axis)

Gaming and Gambling

- **iMinds** (University of Victoria)
- **The Harmful Effects of Sexualized Social Media and Gaming on Young People** (Culture Reframed)
- **Continuing Professional Development: Gambling, Gaming, and Technology** (Centre for Addiction and Mental Health)
- **Youth Gambling Awareness Program** (YMCA of Greater Toronto)

Tobacco

- **Tobacco Scientific Facts** (Government of Canada)
- **Factsheets – Tobacco** (Government of Canada)
- **Smoking and Your Body** (Government of Canada)
- **Tools for a smoke-free life** (Government of Canada)
- **Tools for a smoke-free life: Promotional Kit** (Government of Canada)
- **I quit for me: guide for youth who want to quit using tobacco, cigarettes, or vapes** (Government of Canada)
- **Canadian Student Tobacco, Alcohol and Drugs Survey** (Government of Canada)
- **Canadian Tobacco and Nicotine Survey (CTNS)** (Government of Canada)
- **Stop Smoking Program** (Nova Scotia Health Mental Health and Addictions Program)
- **Tobacco Free Nova Scotia: Quit Line and other resources** (Government of Nova Scotia)

From the Ground Up Resources List



Vaping

- [Vaping](#) (Government of Nova Scotia)
- [About Vaping](#) (Government of Canada)
- [Vaping](#) (Lung Association of Nova Scotia and Prince Edward Island)
- [Youth vaping prevention resources](#) (Government of Canada)
- [Risks of vaping](#) (Government of Canada)
- [Preventing kids and teens from smoking and vaping](#) (Government of Canada)
- [Consider the Consequences of Vaping: Teen Awareness Program](#) (Government of Canada)
- [Consider the Consequences of Vaping](#) (Government of Canada)
- [I quit for me: guide for youth who want to quit using tobacco, cigarettes, or vapes](#) (Government of Canada)
- [Talking with your teen about vaping: A tip sheet for parents](#) (Government of Canada)
- [Vaping: what you and your friends need to know](#) (School Mental Health Ontario)
- [Vaping fact sheets: What youth and educators need to know](#) (Centre for Addiction and Mental Health)
- [Vaping: What you need to know](#) (Heart and Stroke Foundation of Canada)
- [Protecting Youth From the Harms of Vaping](#) (U.S. Centers for Disease Control)
- [Quit Your Way: A Program Guide for Youth and Young Adults](#) (Government of Prince Edward Island)

Youth Substance Use and Mental Health Supports

- [Nova Scotia Health Mental Health and Addictions](#): This site includes mental health and addictions services and resources offered through Nova Scotia Health, IWK, and community partners.
Crisis Line: 1-888-429-8167
The crisis line service is available 24 hours a day, every day.

Nova Scotia Mental Health and Addictions Intake Service: **1-855-922-1122**
Please reach out to this number if you need help with a mental health and/or addictions concern. *Please note this is not a crisis line.*
- [Kids Help Phone](#)
1-800-668-6868 or text CONNECT to 686868
Kids Help Phone is available 24 hours a day, every day.
- [IWK Mental Health Support](#): This site has a list of mental health and addictions terms and descriptions for parents and youth, including ways to respond and provide support. Links to clinics, programs, and services are also provided.