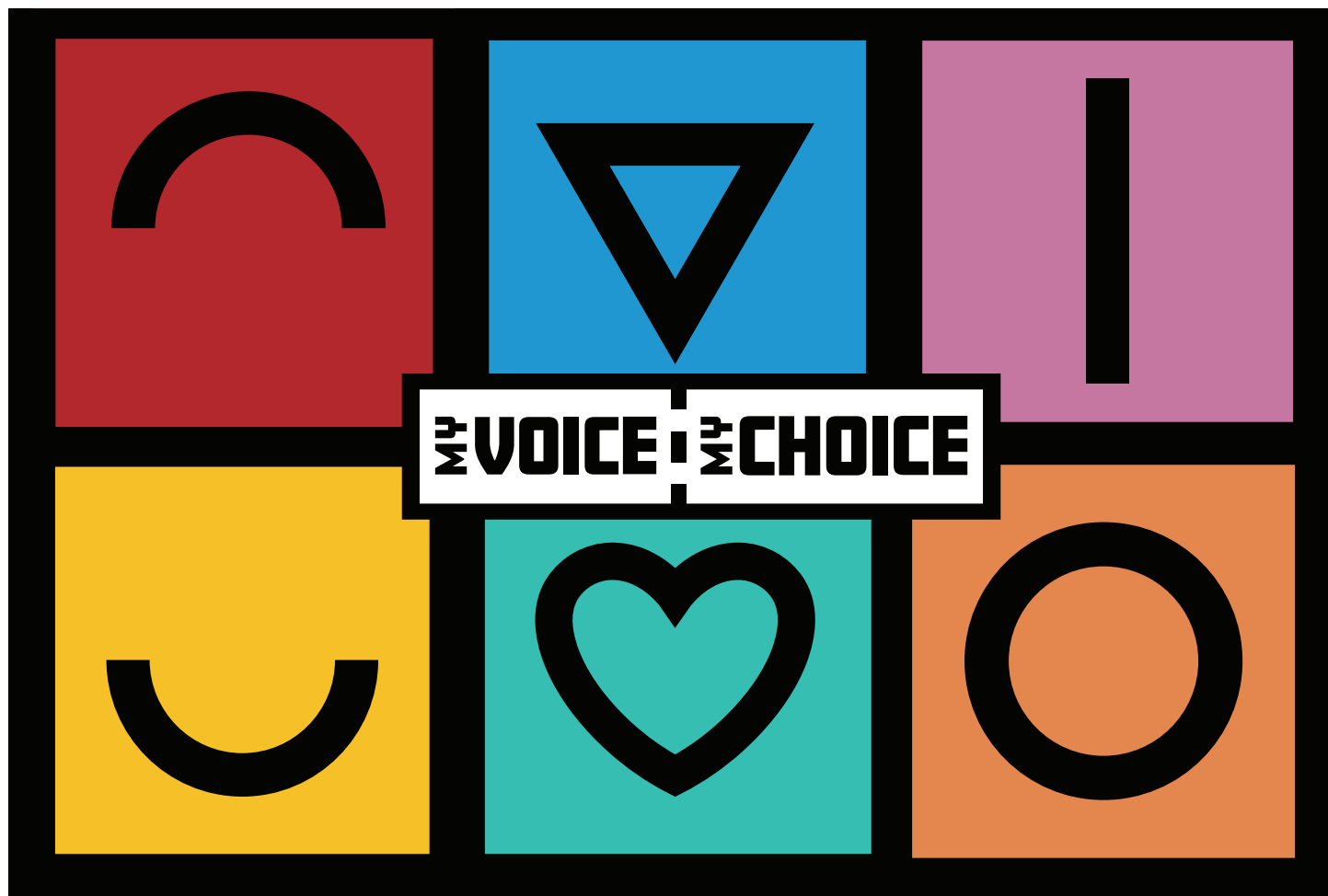


PARTICIPANT'S GUIDE



SUBSTANCE USE AND MENTAL HEALTH



WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

This guide has all kinds of information on substance use, mental health, and mental illness. There is also information on websites you can search or codes you can scan with a phone to access good resources to help support you. If you have more questions about these topics, it can help to speak with someone you trust such as counsellor.



Language and Stigma

When people live with substance use or mental health challenges, they can be treated unfairly because people don't understand them. This is called stigma. Stigma is a pretty big deal because it can stop people from getting help that they need. Here are some ways to help stop stigma:



Educate yourself



Show compassion



Use respectful language



Talk openly about challenges



At some point in your life, you will make choices about substance use. Here are some facts you need without the judgement you don't! Here are some examples of substances:

Category	Stimulants	Depressants?	Hallucinogens	Cannabinoids
Examples	caffeine, nicotine, cocaine, amphetamines	alcohol, opioids (codeine, fentanyl, oxycontin, heroin), sleeping pills	magic mushrooms, LSD, PCP	substances containing THC and CBD (Note that CBD does not make you high.)
Why people like it	Good feelings Lowers appetite Keeps you awake Can be helpful for some conditions when taken under the direction of a doctor (e.g. medications for ADHD)	Relaxation Feeling braver Socializing Pain management	Can be fun Spiritual experiences Interesting	Relaxation Pain management Socializing
Some not-so-great things	Faster heartbeat Anxiety Paranoia Mood swings Dehydration Addiction Large amounts can cause seizures or death	Making choices you would not make while sober Being clumsy Accidentally getting hurt Puking Losing memory Addiction Coma Death	"Bad trips" Panic Paranoia Scary hallucinations Heart problems	Increased heart rate Red eyes Anxiety Dry mouth Addiction

Substances change the way the body and mind work...but everyone is different!

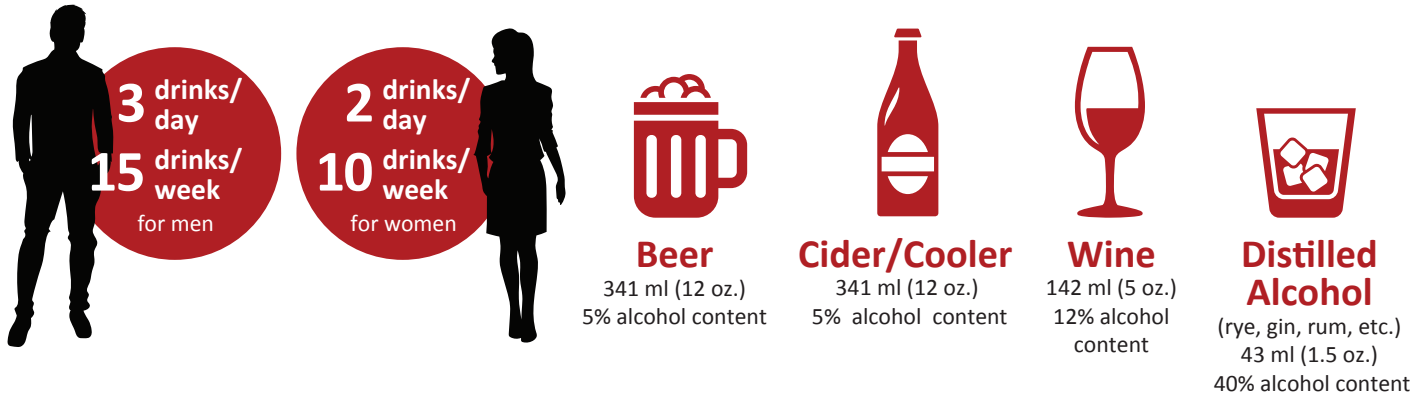
- Any of the following factors can determine how drunk or high someone can get:
 - o Body weight and health
 - o Other substance use (including medication)
 - o Strength of substance
 - o Amount taken
 - o Whether the person is used to the substance (tolerance)

*Note: The word "female" used here refers to those who are *biologically* born female as opposed to those who identify as female but may have been assigned a different gender at birth. Sex and gender are two different things.

- Here are some more facts about substances to help you to make your choices:
 - o Some substances are legal and some are not.
 - o Legal does not mean safer.
 - o All substances have the potential to be harmful.
 - o Taking more than one substance at a time can cause unpredictable and unwanted effects.
 - o *Female bodies do not process substances as well as male bodies do. Females are also at higher risk for developing health problems connected with substance use. It's not fair, but it's a fact.



Know your maximum limits



Is Substance Use a Problem for Me?

If substance use is starting to create problems in your life, it may be time to look at your relationship with it. Look at the chart below and feel free to circle areas that sound like your experiences with using substances (but keep this manual in a safe place):

Family	Physical Health	Mental Health	Social
Getting into fights about use	Hangovers	Anxiety	Losing friends
Lack of trust	Changes in weight	Depression	Only hanging out with people who use
	Sleep problems	Hopelessness	No longer interested in social activities that were once enjoyable
	Head and body aches	Self harm	
	Getting injured while using	Suicidal thoughts	
School	Job	Legal	
Missing class	Showing up drunk or high to work	Getting charged with something to do with using	
Grades dropping	Being late or not showing up because of using	Doing something illegal related to using	
Arguments with school staff	Getting into trouble with the boss or other co-workers	Being with others who do illegal things related to using	
Going to school while drunk or high			
Disciplinary action			

If any of these areas are a concern for you, talk to someone you trust about it who can help. There are community resources at the end of this manual to help you find someone too.

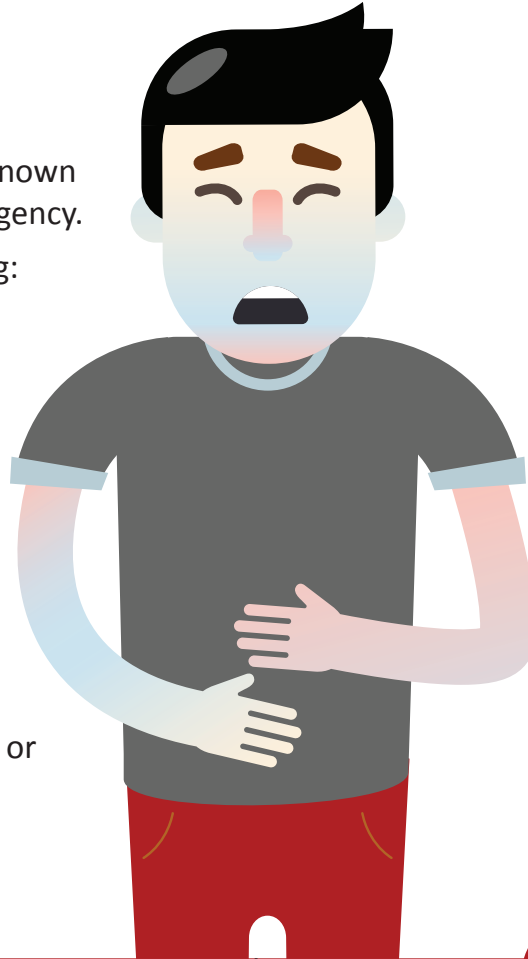


TMI: Too Much Ingested

Drug or Alcohol Poisoning (also known as “overdose”) is a medical emergency.

Signs of alcohol or drug poisoning:

- Skin is cold and pale or bluish
- Slow and/or irregular breathing
- Seizures
- Confusion
- Can’t wake them up
- Puking (while awake or passed out)



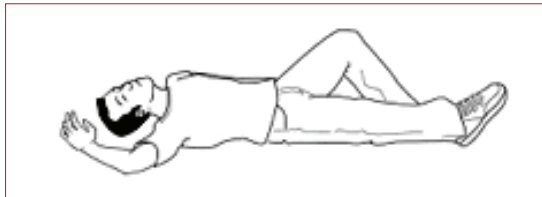
If you think someone has alcohol or drug poisoning...

✓	✗
Keep track of them to make sure they haven’t gone somewhere unsafe.	Try and humiliate them by drawing on them, taking embarrassing photos. This is not the time.
Check if they are breathing and their mouth is empty.	Ignore them.
Put them in the “recovery position” (see illustration on the next page).	Put them in a cold shower.
Stay with them even if they are awake—they may eventually pass out.	Try and give them food or fluid if they aren’t totally awake because they could puke and choke.
Call for emergency help if they stop breathing or can’t stop puking.	Leave them alone.
Try and stay calm.	Panic.

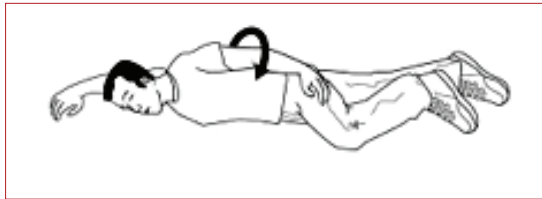


The Bacchus Maneuver or “Recovery Position”

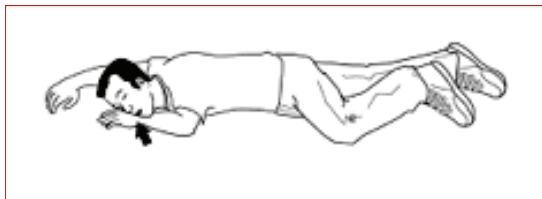
1. Raise the arm that is closest to you above their head. Prepare to roll them toward you.



2. Gently roll them toward you, guarding their head from hitting the floor. The head should rest in front of the arm, not on it.



3. Tilt the head up to maintain airway. Tuck their nearest hand under the cheek to help maintain head tilt and raise the face off the floor.



4. Check on them often.



Mental Health and Mental Illness

“Mental health” and “mental illness” are not the same thing. Mental health refers to mental wellness and it’s about emotions, thoughts, feelings, and being able to deal with tough stuff in life. Mental illness is something that affects the way someone thinks, feels, and acts.

There are lots of different kinds of mental illnesses. Some examples are mood disorders, anxiety disorders, psychotic disorders, and personality disorders. Substance use disorder (also called “addiction”) sometimes happens at the same time as another mental health disorder; this is called a co-occurring disorder.

People who live with these illnesses may have experience mild or severe symptoms. Some of these illnesses are judged more than others.

Don’t forget, mental health is health and it’s important to take care of it. Here are some ways to do that:

- Connecting with healthy activities (e.g. exercise, time in nature, reading, spending time with others, art, music, taking care of animals, etc.)
- Being with supportive people
- Traditional activities
- Taking medication under the care of a doctor
- Getting other kinds of professional support

When You’re Worried About Someone Else

It can be really hard when someone in your life is experiencing substance use and/or mental health challenges. You may feel worried, sad, angry, or confused about the situation. These issues can be complicated and here are some things to keep in mind.

- Their challenges are not your fault.
- You cannot control anyone else but yourself.
- It’s okay to have different feelings about the situation.
- You deserve to take care of yourself and get support.

If there is a safety concern for yourself or someone else, it is important to get help.



Extra Resources for You

For more information on substances, mental health, and mental illness, and options for support— check out some of these websites by searching for them online or scanning the QR codes with your phone.

LOCAL RESOURCES:

COMMUNITY COUNSELLING PROGRAM

Find your regional Community Counsellor contact information at the website below:

<https://www.hss.gov.nt.ca/en/contact/community-counsellor>

ARCTIC FOXY

<https://arcticfoxy.com/>

YWCA NORTHWEST TERRITORIES

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

24 Hour Crisis Line: 1 (866) 223-7775

Email: giving@ywcanwt.ca

CANADIAN WOMEN'S FOUNDATION

<https://canadianwomen.org/>

Call: 1-866-293-4483

Email: info@canadianwomen.org

CENTRE FOR NORTHERN FAMILIES

<https://daycares.ykws.ca/welcome-centre-northern-families>

WOMEN AND GENDER EQUITY CANADA

<https://women-gender-equality.canada.ca/en.html>

KIDS HELP PHONE

<https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: 686868

Live chat counselling:

<https://kidshelpphone.ca/live-chat-counselling>

RAINBOW COALITION OF YELLOWKNIFE

<http://www.rainbowcoalitionyk.org/>

Call: 1-867-444-7295

Email: info@rainbowcoalitionyk.org



Websites and Apps:

ANXIETY CANADA

This site is all about anxiety and has information just for youth on how to identify and manage symptoms.

<https://www.anxietycanada.com/>

BREATHINGROOM™

This is a multimedia experience designed for youth to help improve mental health. The app can be downloaded from Google Play or the App Store. Enter the code XXQTGPUE for full access.

<https://app.breathingroom.me/register?code=XXQTGPUE>

HAVE THAT TALK

Have THAT Talk is an educational series from Ottawa Public Health about awareness about mental health and taking action to increase support and reduce stigma. There is a section just for youth on this site.

<https://haveTHATtalk.ca>

JACK.ORG

Jack.org is a youth-led organization with chapters all over Canada. Their website has links to resources, information with personal stories about mental health and how to get help for yourself and support others.

jack.org

THE LINK

This site has information about several topics including mental health, substances, safer partying, and getting support.

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

MIND YOUR MIND

This site contains information co-created by youth for youth on mental health topics. Youth accessing this website can learn about different kinds of mental illnesses, supporting their own mental wellness, and getting help for themselves and others. There is also a space to submit personal expressions such as stories, art, photography, etc.

<https://mindyourmind.ca>

NIDA FOR TEENS

This site from the National Institute on Drug Abuse has a variety of science-based information on substances. There are also videos and interactive games to help learn more about substances.

<https://teens.drugabuse.gov/>

WELLNESS TOGETHER CANADA (GOVERNMENT OF CANADA)

This website connects users of all ages and backgrounds to a variety of free resources to support mental wellness. Users can get personal recommendations based on their needs and track their progress.

<https://wellnesstogether.ca/en-CA>

WHAT'S WITH WEED?

This site contains extensive information on cannabis. Youth can learn everything from effects, legal information, harm reduction strategies, and more.

<https://whatswithweed.ca/>

YOUTHSMART

YouthSMART stands for Youth Supporting Mental Health and Resiliency Together and is connected to the Canadian Mental Health Association. Their site contains information on topics related to mental health and mental illness.

<https://youthsmart.ca>



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Territoires du Nord-Ouest

