



## Drug and Alcohol Websites for Teens and Parents

<http://kidshealth.org/teen>

A resource for teens to assess their use of alcohol and drugs. Find out the facts about different types of drugs, alcohol and tobacco use.

<http://kidshealth.org/parent/positive/talk/alcohol.html>

How parents can talk to youth about alcohol use.

[http://www.heretohelp.bc.ca/sites/default/files/images/cannabis\\_cuttingback.pdf](http://www.heretohelp.bc.ca/sites/default/files/images/cannabis_cuttingback.pdf)

BC Partners for Mental Health & Addictions Information – Tips for cutting back or quitting cannabis use.

<http://www.whatswithweed.ca/weed/index.php>

What's with Weed – A popular harm reduction site for young cannabis users. Includes sections on “check where I’m at with weed” and “check how I compare with others”, risks and how to reduce them, and finding someone to talk to.

[http://www.techaddiction.ca/video\\_game\\_addiction\\_treatment.html](http://www.techaddiction.ca/video_game_addiction_treatment.html)

Video Game & Internet Addiction – A self-help e-book on computer internet and gaming addiction. Cost is \$15.00 to download an electronic copy.

<http://heretohelp.bc.ca/sites/default/files/images/quitting-drinking.pdf>

BC Partners for Mental Health & Addiction Information – Tips for cutting back or quitting drinking.

<http://www.camh.ca>

Centre for Addiction and Mental Health – resources for professionals