



Websites Related to Youth Substance Use and Addictions

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

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://www.hamiltonfht.ca/files/Tips_for_Cutting_Back_or_Quitting_Drinking.pdf

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

http://www.hamiltonfht.ca/files/Marijuana_Information_Websites.pdf

Facts for teens on marijuana and marijuana use

<http://www.camh.net>

Centre for Addiction and Mental Health – Resources for professionals