

SAFER SUBSTANCE USE

Some people use drugs or alcohol, some people don't

Whatever you choose to do, knowing ways to stay safer helps us, our friends, and our communities

Make Your Own Plan!

Where will I sleep/how will I get home?

Who am I hanging out with?

How do I want to feel tonight?

What makes me feel this way?

What would stop me from feeling this way?

If I need help who can I call even if it's late at night?



Let's Party!

But does it have to include drugs or alcohol? No way!

Here's space for you to make a list of fun stuff that you like to do!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

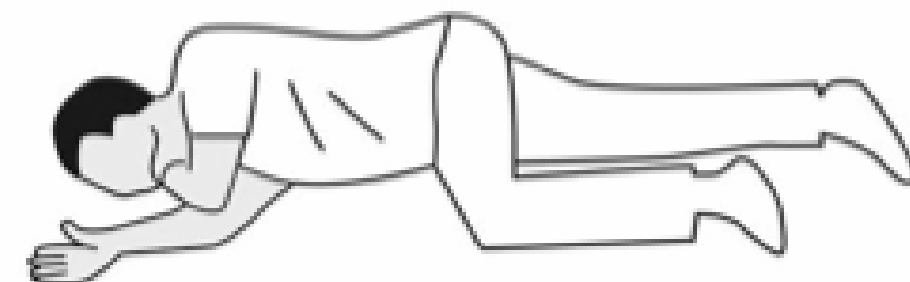
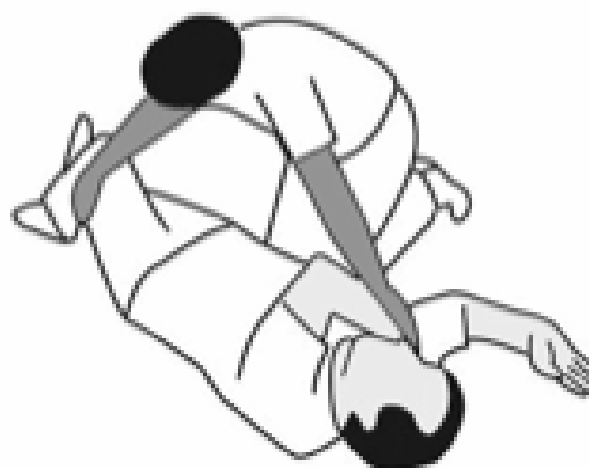
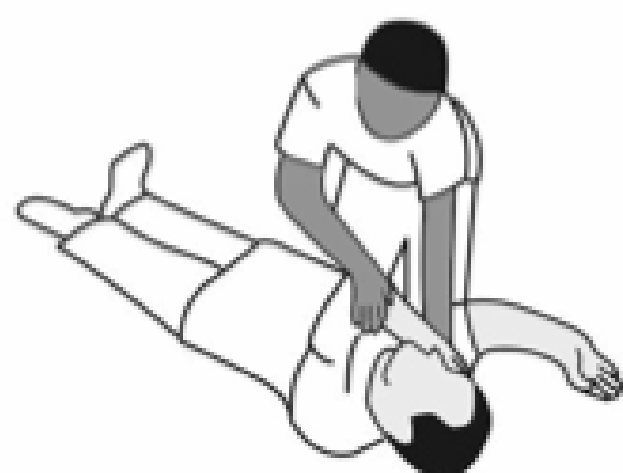
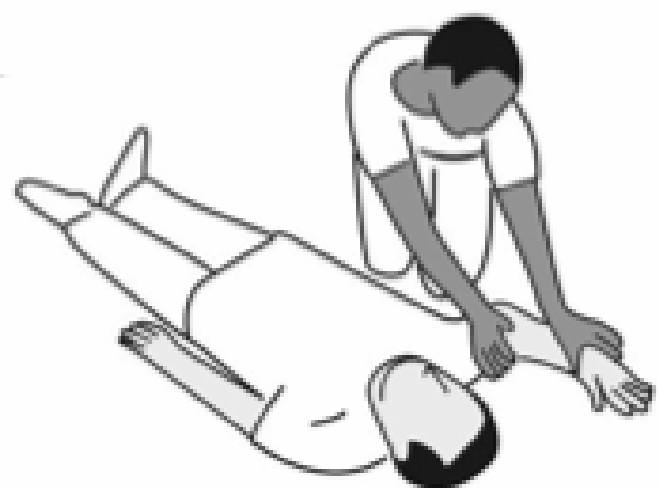


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www.teentalk.ca | serc.mb.ca | info@serc.mb.ca
Find us @TeenTalkMB on Instagram or Facebook

We are not a crisis service. If you need support call the Kids Help Phone at 1-800-668-6868

THE RECOVERY POSITION

Use when someone is passed out but breathing normally, still responds to you, and is otherwise unhurt. It's a safer way to sleep so that someone doesn't choke on their vomit.



Tilt head backward to open airways.

Place the other arm across the chest and their hand against their cheek.

Bring the far leg up to a 90° angle.

Roll them over.

Bend one arm out at their side.

This will help you roll them over no matter your strength or their size.

The bent leg and arm stop them from rolling over and the other hand keeps airways open.



Call 911 if...

Someone took too much | Is having a bad reaction
They do not respond | You aren't sure how they are doing

Some Places for Supports

- Kids Help Phone (24hr).....1-800-668-6868
Support for all youth kidshelpphone.ca
Text 68 68 68
- AFM.....1-866-638-2561
Info and programs on afm.mb.ca
substances
- Youth Centralized Intake.....1-877-710-3999
Connects youth to addictions support
- Manitoba Addictions Helpline...1-855-662-6605
- Teen Clinic: Find one at teenclinic.ca
- Talk to someone you trust
(a friend, family, teacher, Elder, etc.)
- If you live on reserve, check-in with your
local NNADAP worker at the health centre

teentalk.ca - Harm reduction info

SERC Brandon.....204-727-0417
B-345 10th Street, Brandon. serc.mb.ca
Resource centre offering
harm reduction supplies

Street Connections.....204-981-0741
Mobile van in Winnipeg streetconnections.ca
that offers needle exchange

