

Resources and Supports for Youth

[Toward the Heart](#)

A site finder to locate Take Home Naloxone, safer drug and sex supplies, or an overdose prevention service near you.



[Drug Cocktails](#)

Facts about mixing medicine, booze and street drugs



[Overdose Prevention and Response](#)

It's important to know how to prevent, recognize and respond to an overdose.



[Youth Hope Mission](#)

Youth-led team dedicated to providing young people with education surrounding harm reduction, substance use and overdose prevention within a safe, trauma informed, judgement free environment.



[Toxic Drug Health Alerts](#)

Text JOIN to 253787

Text OD to report to tell us about toxic drug event
Toxic Drug and Health Alerts (TDHA) is a provincial text-based service to anonymously share and receive information about toxic drugs and drug poisonings.



[The Good Samaritan Act](#)

Learn about your legal protection when calling 911 to help someone having an overdose.



Resources and Supports for Youth

[Drug Checking](#)

A service that helps people make informed decisions about unregulated substances before they use and provides public health with timely information about the drug supply.



[Vancouver Island Crisis Line](#)

1-888-494-3888

Crisis workers provide short-term nonjudgemental emotional, support, crisis intervention, information, and resources.



[The Foundry](#)

Serves people 12-24 with access to mental health and substance use support, primary care, peer support and social services.



[Vancouver Island Youth &](#)

[Family Substance Use Services](#)

Find youth substance use services in your community.



[First Nations KUU-US Crisis Line](#)

1.800.588.8717

Support specifically for Indigenous people.