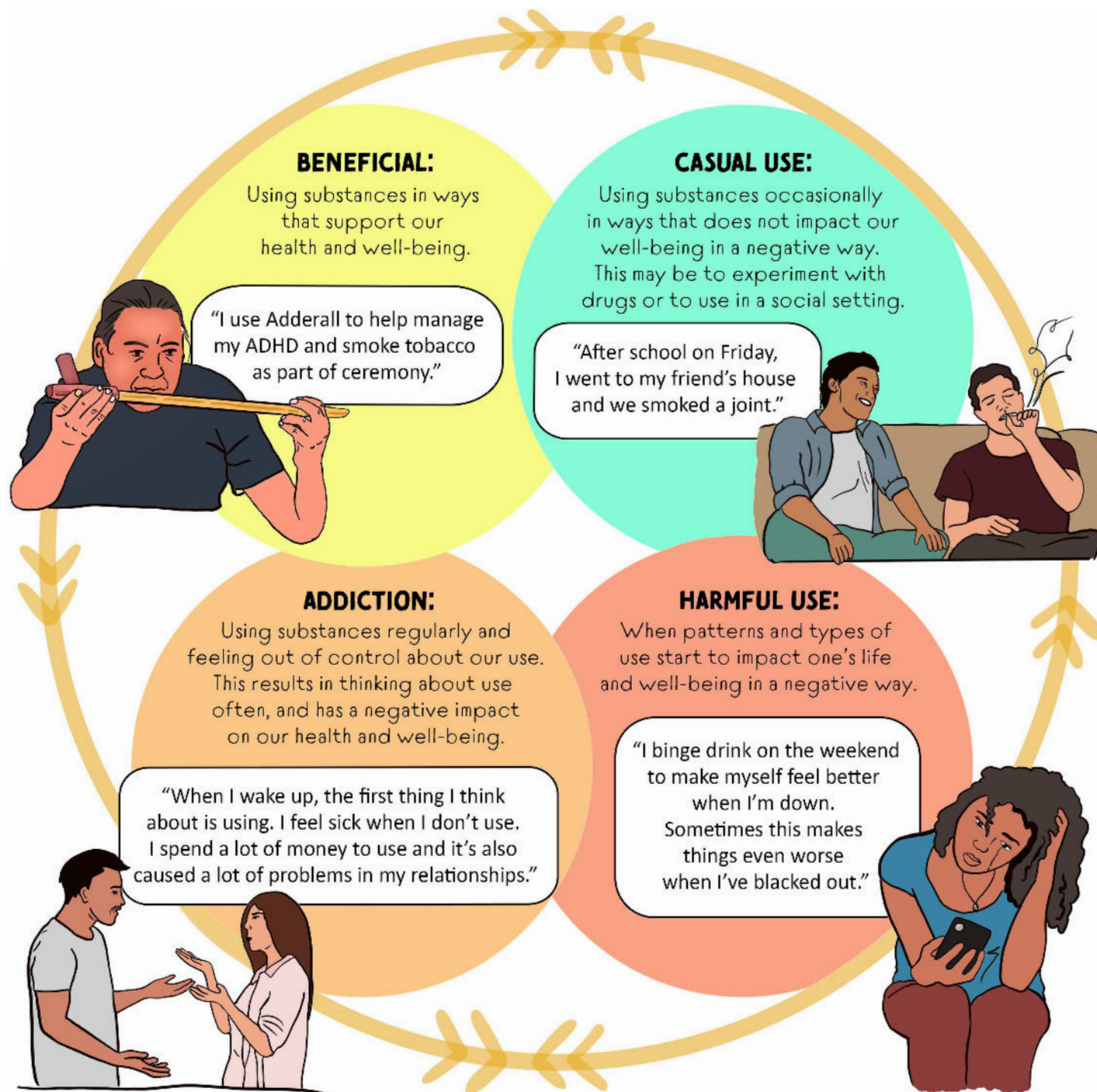


Many Directions, One Self: How Substance Use Can Impact Your Well-being

We all have different experiences with our use of alcohol and other substances. Using alcohol and other substances can affect our physical, spiritual, emotional, and mental health in different ways too.



Our use of alcohol and other substances can always change. The impacts of substance use can change depending on the situation, type of substance we are using, or at different stages in our life. Some people choose abstinence and use no substances at all. This decision should also be respected and supported.

You don't need to be sober to deserve help. If you are struggling with substance use and would like support, please reach out to someone you trust. This might be a family member, teacher, counsellor or Elder.

Another support option is to connect with the **Hope for Wellness Helpline at 1-855-242-3310**, or use the chatbox at www.HopeforWellness.ca to speak with a counsellor online.

This resource was developed by a team of experts, including young people and a Knowledge Keeper, with support from Indspire, Youth Wellness Hubs Ontario and Shkaabe Makwa at CAMH.



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