

# Alcohol and Substance Abuse Program

The goal of the Substance Abuse Prevention Program shall be to develop community substance abuse prevention plans that are both wip-based and individualized, which include the following components:

- community needs assessments to determine the extent and effects of substance abuse,
- systems for coordinating existing helping resources,
- protocols for regular consultation with the huwip and with families,
- culturally appropriate prevention and treatment strategies that are integrated with the development of Health Gitxsan communities,
- identification of gaps in services, and strategies to develop appropriate programs to meet these needs, and
- Promotion of health alternatives to substance abuse.

**We are pleased to offer CONFIDENTIAL Counselling services to Sik-e-dakh members.**

If you would like to see anyone in our Mental Health Team, please call either:

- **Lorraine Half**, National Native Addiction & Drug Counsellor (Monday -Friday)
- **Martha Wilson**, Mental Health Counsellor (Wednesday/Thursday/Friday).

For after hours, if you are feeling overwhelmed, depressed, confused, suicidal or just need someone to listen please call the **CRISIS LINE 1 888 562-1214**. It is available 24 hours a day and 7 days a week. It is confidential and they do not have call display. There is a **Youth Support Line at 1 888 564-8336** (teen) that operates 4 p.m. to 11 p.m., 7 days a week, after hours calls are directly forwarded to the 24 hour line. There is a Youth Chat website for youth in crisis or who may need information or referrals. The website has the same hours as the youth line. Check out the website [www.northernyouthonline.ca](http://www.northernyouthonline.ca)  
For **Suicidal Crisis, call 1-800-SUICIDE (784-2433)**

Also you can check out the following links to connect with 24 Hr KUU-US CRISIS SERVICES ~ A PLACE WHERE YOU CAN TALK, TRUST, AND FEEL Youth Clinical