

YOUTH AND SUBSTANCE USE

A decrease in the mental health of youth has caused an increase in substance use. Given the limitations of services and increased isolation as a result of COVID-19, focus should be put on mental health and harm reduction methods over enforcing sobriety.



Start the Conversation:

Have a discussion rather than a lecture.



Stay Connected & Check In:

Show genuine interest in how the youth is feeling. Do not only discuss substance use, the situation may be different than it appears.



Set Goals Together:

Revisit and revise unsuccessful goals. Youth are natural risk takers, mistakes and experimentation will happen.



Seek Healthy Outlets:

Set an example for the youth through practicing healthy coping mechanisms and self-care.



Seek Support:

One person may not have all the answers. Seek confidential support from others if needed.

Set a good example, model good decision-making and behaviour.

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