



## RESOURCES FOR EDUCATORS

### **Addictions Foundation of Manitoba** - 200 Osborne N.

- Provides information on legal and illegal substances, and offers counselling and support groups to people dealing with addictions. [www.afm.mb.ca](http://www.afm.mb.ca)

AFM Winnipeg: 944-6200 (24 hours)

Thompson area: 677-7300 or 1-866-291-7774

Flin Flon area: 687-1771

The Pas area: 627-8140

### **Native Addictions Council of Manitoba:** 586-8395

- Provides treatment and outreach by and to people of First Nations descent.

### **Alateen: 943-6051**

- Alateen is part of Al-Anon, which helps families and friends deal with the effects of living with the problem drinking of a relative or friend. Alateen is a recovery program for young people.

## RESOURCES ON THE INTERNET

**www.freevibe.com** - substance information for youth

**www.mindyourmind.ca** - mental health info for youth by youth

**www.zoot2.com** - information for youth on substances, addiction, and finding help

**www.nida.nih.gov** - drug information, as well as curriculum guides and educational materials

**www.virtual-party.org** - a 'choose your own adventure' site that offers info on how to stay safer when partying

## RESOURCES FOR YOU

(and/or your library)

### **Deal With It!** Drill, E. Pocket Books

- Information about adolescence, sexuality, feelings, drugs, and life in general - for youth.

### **From Chocolate to Morphine: Everything You Need to Know About Mind-Altering Drugs**

Weil & Rosen. Houghton Mifflin Co.

- A resource for unbiased information about how drugs affect the mind and the body - covers a wide range of available substances, from coffee to marijuana, antihistamines to psychedelics, steroids to smart drugs, and discusses likely effects, precautions, and alternatives.