







# Find Online Tools for Substance Use at MHAhelpNS.ca

- Free, Available 24/7
- No referral needed
- Non-crisis supports
- Anonymous/Confidential
- Work at your own pace

Visit [MHAhelpNS.ca](https://mhahelpns.ca) and click "Online Tools"

Who is it for?	Information about	How can it help?	Format
<p><b>Adults 15+</b></p>  <p><b>Addiction 101</b> <b>Harm Reduction 101</b> <b>Stages of Change</b></p>	<ul style="list-style-type: none"> <li>• Addiction, its impacts, prejudice and discrimination.</li> <li>• Risk factors and causes</li> <li>• Harm reduction</li> <li>• Stages of Change</li> <li>• Supporting Recovery</li> </ul>	<ul style="list-style-type: none"> <li>• If you are concerned about yourself or a loved one's alcohol or substance use.</li> <li>• Break down barriers and lower stigma around addiction.</li> </ul>	<ul style="list-style-type: none"> <li>• Modules: <a href="#">Addiction 101</a>, <a href="#">Harm Reduction 101</a> and <a href="#">Stages of Change</a></li> <li>• 20 minute self directed tutorials on addictions and harm reduction</li> </ul>
<p><b>Adults 16+</b></p> 	<ul style="list-style-type: none"> <li>• How to cut back on drinking or quit smoking</li> <li>• Goal setting</li> <li>• Discussions on substance use</li> <li>• Private journal</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing and peer connection on substance use and wellness.</li> <li>• Connect with others</li> <li>• Assess your drug and alcohol use.</li> </ul>	<ul style="list-style-type: none"> <li>• Moderated 24/7 by health professionals.</li> <li>• Online discussion boards</li> <li>• Courses, resources</li> <li>• Self-assessment</li> <li>• Create digital art</li> </ul>
<p><b>Adults 15+</b></p> 	<ul style="list-style-type: none"> <li>• Education on substance use impacts</li> <li>• Coping with cravings</li> <li>• Recovering from relapse</li> <li>• Improving your chance of success</li> <li>• Setting priorities</li> <li>• Problem solving</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluating your drug or alcohol use.</li> <li>• Decision making, goal setting around substance use.</li> <li>• Skill building for communication, and relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Online library of engaging, interactive programs to learn life skills.</li> <li>• 3-4 hour course on substance use</li> </ul>
<p><b>Youth up to age 25</b></p> 	<ul style="list-style-type: none"> <li>• <a href="#">What is substance use</a>, why people use drugs.</li> <li>• Signs of problem substance use</li> <li>• Risks of drug and alcohol use</li> <li>• Other addictions like gambling and gaming.</li> </ul>	<ul style="list-style-type: none"> <li>• Build skills like making safety plans, practicing mindfulness, etc.</li> <li>• Connect with other youth</li> <li>• How to care for yourself when using substances.</li> </ul>	<ul style="list-style-type: none"> <li>• One-on-one counseling, by phone or <a href="#">live chat</a></li> <li>• <a href="#">Online peer community</a>, with threads on substance use</li> <li>• <a href="#">Crisis support</a></li> </ul>

Who is it for?	Information about	How can it help?	Format
<p><b>Adults 15+</b></p>  <p>WELLNESS TOGETHER <b>Canada</b></p> <p>Mental Health and Substance Use Support</p>	<ul style="list-style-type: none"> <li>• Guided peer groups on substances use.</li> <li>• Steps towards wellness.</li> <li>• Signs of problem use.</li> <li>• Supporting those with substance use.</li> <li>• Information and videos on common substance use issues.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Individual phone, video, and text counselling</a></li> <li>• <a href="#">Immediate support</a> by text or phone</li> </ul>	<ul style="list-style-type: none"> <li>• Library of tools, programs, etc. on mental health and substance use.</li> <li>• <a href="#">Wellness programs</a> you can do on your own or with coaching.</li> <li>• Free counselling for substance use support <a href="#">here</a>.</li> <li>• Free <a href="#">Android</a> and <a href="#">Apple</a> apps.</li> </ul>
<p><b>Adults 18+</b></p>  <p>SMART Recovery</p> <p>Life beyond addiction</p>	<ul style="list-style-type: none"> <li>• Create a recovery plan for a more balanced and fulfilling life.</li> <li>• Motivating yourself to not use, cope with urges, manage thoughts, feelings, and behaviours, balance satisfactions.</li> </ul>	<ul style="list-style-type: none"> <li>• Community of people working to resolve addiction problems.</li> <li>• Support in moving from substance use and negative behaviours to believing in and empowering yourself.</li> </ul>	<ul style="list-style-type: none"> <li>• More than 50 meetings available each week, <a href="#">in-person</a> or <a href="#">online</a>.</li> <li>• Message Board</li> <li>• 24/7 chat</li> <li>• <a href="#">Tool box of resources</a> with worksheets, and exercises to help you manage your addiction recovery</li> </ul>
<p><b>Adults 18+</b></p>  <p>CAPSA ACEPA</p> <p>Community Addiction Peer Support Association</p>	<ul style="list-style-type: none"> <li>• "Movement Towards Wellness" sessions to improve movement and wellness.</li> <li>• All People All Pathways (facilitated by Wellness Together Canada) helps you explore your relationship with substances.</li> </ul>	<ul style="list-style-type: none"> <li>• A safe environment to question your relationship with substances.</li> <li>• Connect with peers.</li> <li>• Families, allies and professionals are welcome.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Peer Group meetings</a>, guided by trained peers.</li> <li>• Live online sessions and support meetings: See full <a href="#">calendar</a>.</li> <li>• <a href="#">Training</a> on substance use, stigma, person-first language, and being an ally</li> </ul>
<p><b>Adults 15+</b></p>  <p>Breaking Free: Wellness</p>	<ul style="list-style-type: none"> <li>• How alcohol or substance use may get out of control.</li> <li>• How alcohol and drug cravings can affect your life and how to manage them.</li> <li>• Positive coping skills</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies, based on Cognitive Behavioral Therapy and mindfulness.</li> <li>• Develop action plans to manage and address substance use.</li> <li>• Learn how to stay calm when you feel anxious or upset</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Printable/downloadable actions plans</a></li> <li>• Videos on managing substance use</li> <li>• Support meetings through <a href="#">CAPSA</a></li> <li>• Free <a href="#">Android</a> and <a href="#">Apple</a> app</li> </ul>