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Get help with substance use

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About

This page has resources and information for people who need help with substance use, including overdose prevention resources and quit smoking services. It does not include direct links to private clinics or for-profit organizations.

 If you are in an emergency situation, call 9-1-1 or go to your local emergency department.

Canada-wide services

If you or someone you know needs help with substance use, including overdose prevention and tobacco cessation, these services are available to anyone, anywhere.

Help services		
Resource	Information	Contact
Kids Help Phone	<ul style="list-style-type: none">Professional counselling, information and referrals support to young people24/7Virtual services in English and French	1-800-668-6868 Text 686868
Drug Rehab Services	<ul style="list-style-type: none">Free, confidential professional help and resource for drug and alcohol addiction in CanadaReferrals for clients seeking support with substances	1-877-254-3348
CAPSA Peer Support	<ul style="list-style-type: none">Free peer-facilitated group meetings (includes virtual meetings)Evidence-based practices and tools designed to help those who are questioning their relationship with substancesFamilies, allies, and professionals are all welcome to attend meetings	Find a meeting
Alcoholics Anonymous	<ul style="list-style-type: none">Free meetings and support for people who come together to solve their drinking problem	Find A.A. near you
Narcotics Anonymous	<ul style="list-style-type: none">Free meetings (includes virtual) and support for anyone who wants to stop using drugs may become a memberThis is a program of complete abstinence from all drugs	1-855-562-2262 Find a meeting
Crystal Meth Anonymous	<ul style="list-style-type: none">Free meetings (includes virtual) and peer-support recovery programProgram designed for people seeking recovery from crystal meth	Find a meeting
SMART Recovery	<ul style="list-style-type: none">Free support meetings (in-person and virtual) open to anyone seeking science-based, self-empowered addiction recovery	Find a meeting
Moms Stop the Harm – Holding Hope Support Groups	<ul style="list-style-type: none">Free peer-led support groups for families with loved ones living with addiction (substance use disorder)	Find a group
Families for Addiction Recovery	<ul style="list-style-type: none">Free peer support services for families, parents, caregivers of children struggling with addiction (regardless of age)	1-855-377-6677 (Details) Weekdays 1-3pm EST Parent-to-Parent Support Online Parent Support Groups
Provincial and territorial quit smoking services	<ul style="list-style-type: none">Access free, convenient support within each province and territoryTelephone, online or text services in English and French based on the locationTrained specialists can provide counselling, help develop a quit smoking plan, answer questions and provide referrals to programs and services in your community	1-866-366-3667

Harm reduction and overdose prevention services		
Resource	Information	Contact
National Overdose Response Service (NORS)	<ul style="list-style-type: none">Overdose prevention hotline for CanadiansConfidential, non-judgmental support for you, whenever and wherever you use drugs	1-888-688-NORS(6677)
Overdose Intervention App	<ul style="list-style-type: none">Rapid response to an overdose emergency with resources and guidance that is suitable to a person's needs9-1-1 calling feature, techniques to identify a suspected overdose, steps to administer naloxone, and sequential guidance on emergency first aid response	Get the app
Supervised consumption sites and services	<ul style="list-style-type: none">Safe, clean space for people to bring their own drugs to use, in the presence of trained staff to prevent accidental overdosesSome offer a range of harm reduction services, such as drug checkingProvide access to important health and social services	Find a site or service

Provincial and territorial health and support services

British Columbia
Alberta
Saskatchewan
Manitoba
Ontario
Quebec
New Brunswick
Nova Scotia
Prince Edward Island
Newfoundland and Labrador
Yukon
Northwest Territories
Nunavut

Programs for Indigenous peoples

If you are a First Nation, Inuit or Métis person in need of help with substance use, you can access culturally sensitive resources:

Support for Indigenous peoples		
Resource	Information	Contact
National Native Alcohol and Drug Abuse Program and National Youth Solvent Abuse Program	<ul style="list-style-type: none">Help for First Nations and Inuit aimed at reducing high levels of alcohol, drug, and solvent useAccess to substance use treatments centres	List of treatment centres For information on community-based prevention programs, contact your community nursing station, health centre, band council or local regional office.
Hope for Wellness Help Line	<ul style="list-style-type: none">Immediate help, including counselling and crisis intervention, to all Indigenous people across Canada 24 hours a day, 7 days a week in English, French, Cree, Ojibway, or Inuktitut	1-855-242-3310 Connect to the online chat
Thunderbird Wellness Application	<ul style="list-style-type: none">Thunderbird Wellness is a free app that provides access to an Indigenous perspective on health and wellness, where culture forms the foundationFind information to help with substance use, addiction or mental health issues	Download the Thunderbird Wellness App for free from the Apple Store for iOS users or Google Play for Android users
Get naloxone	<ul style="list-style-type: none">Take home naloxone kits are available through pharmacies. A prescription is not required. Ask the pharmacist. Some provinces offer free take-home naloxone kits.Kits are available at public health units and social service organizationsNasal naloxone is available for First Nations and Inuit clients covered by the Non-Insured Health Benefits Program	Check your local pharmacy for more information Visit the Canadian Mental Health Association's Naloxone 101 Toolkit to find out how, why and when to use a naloxone kit and where to get one for free Visit your local pharmacy, health centre or nursing station for more information

Substance use and chronic pain

For more information on using substances for the treatment of chronic pain, see [resources for Canadians living with pain](#).

Mental health support

There are many links between substance use and mental health. If you or someone you know is struggling with your mental health, [help is available](#).

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