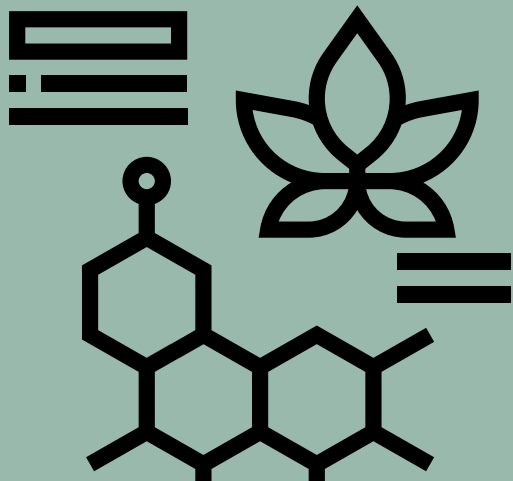


SUBSTANCE USE & YOUTH



TALK TO YOUR KIDS

Protective factors improve resiliency, which will assist in mitigating risk factors. How can you increase protective factors at an individual, relationship, school and community level?

Individual:

- Build positive self-esteem

Relationship:

- Outline clear behavior expectations

School:

- Encourage engagement and connection

Community:

- Are there opportunities to get involved?

WHAT CAN YOU DO? - THRIVE 5



60 minutes of vigorous and moderate activity per day is recommended



Gut health is connected to brain health. Fuel your body!



7 hours of sleep helps boost your immunity and maintain physical activity



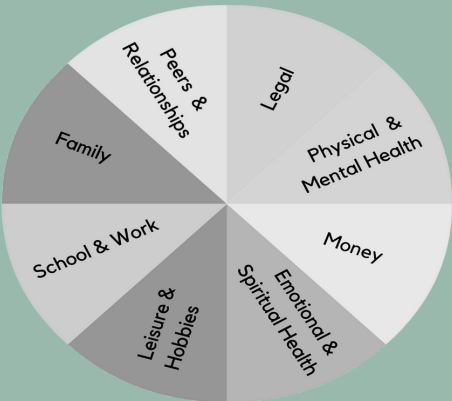
Being kind and compassionate can improve emotional wellbeing



Enhance belonging by connecting with friends, family and community

Major Life Area's Wheel

Is your wheel in balance? Review the 8 major areas that make up the wheel and evaluate if something is negatively impacting your life



CHECK THIS OUT...

Mental Health Collaborative
The Adolescent Brain
AHS - Drug Safe
AHS - Youth Substance Use



Canadian Centre on Substance Use and Addiction (CCSA)



WHERE TO GO?

AHS Youth Services- 403.297.4664

AHS Adult Services- 403.297.3071

Alberta Resources- 211

Health Link- 811

Access Mental Health- 403.943.1500



chps
community health
promotion services

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