

Substance addiction: resources available to you

Various activities are organized throughout Québec schools for addiction prevention week.

For all drug issues, your school resource officer works in partnership with the addiction counsellor in particular. Both can answer your questions in their respective field of knowledge and help you make the right choices.

Who should you talk to, and in what situations? Take a look at what follows.

Addiction counsellor

One of the roles of the addiction counsellor is to inform students by means of group meetings in classroom settings on the psychological and physiological consequences of drug use, for example.

In individual meetings, the counsellor is the resource person who will help you with any drug-related situation. Since the counsellor is bound by professional secrecy, you can contact him or her without fearing that your story will be told to others. If you are worried about a friend who is a user, or if you have started using drugs yourself, the counsellor can listen to you, help you evaluate your substance use and direct you to the appropriate service, if need be.

School resource officer

Prevention issues are covered by PIMS officers, who are available to inform you and answer your questions about drug-related offences.

In partnership with Maison Jean Lapointe, PIMS officers promote the *My Independence Matters to Me!* workshops in the schools on their territory. This activity enables Secondary I students to learn more about the risks related to alcohol and drug use, so they can make sound, informed choices. To learn more about the workshop, click [here!](#)

PIMS officers also conduct investigations and arrest drug dealers in schools.

Need help?

In addition to family and friends, there are other people who can help you if you have a problem or need to confide in someone:

TEL-JEUNES
1 800 263-2266

<http://teljeunes.com>



www.KidsHelpPhone

To **report a crime** confidentially (drug dealing, bullying, threats, sexual or physical assaults, for example) you can contact:



<https://echecaucrime.com//>

Your school resource officer :

MRC :