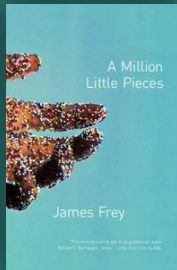


WGSS Libr@ry



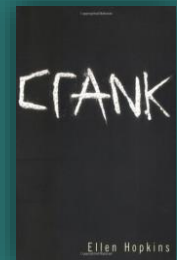
A Million Little Pieces by James Frey

James Frey, age 23, woke up on a plane to find his front teeth knocked out and his nose broken. An alcoholic for ten years and a crack addict for three, he was told he could either stop using or die before he reached age 24.



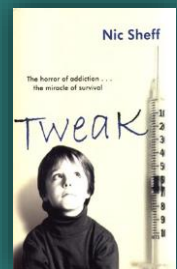
Go Ask Alice by Anonymous

It started when she was served a soft drink laced with LSD in a dangerous party game. Within months, she was hooked. It was a journey that would rob her of her innocence, her youth -- and ultimately her life.



Crank by Ellen Hopkins

Through a boy, Bree meets the monster: crank. And what begins as a wild, ecstatic ride turns into a struggle through hell for her mind, her soul -- her life.



Tweak by Nic Sheff

Nic Sheff, would regularly smoke pot, do cocaine and Ecstasy, and would develop addictions to crystal meth and heroin. In a voice that is raw and honest, Nic spares no detail in telling us the compelling, heartbreaking, and true story of his relapse and the road to recovery.

For more books, please view the Addiction Resource list available through the library catalogue or come in and ask the Library Staff

wgsslibrary.ca

(catalogue access on homepage)

Resources

Mind Check is an online resource for youth and their friends and families to connect to mental health resources and support
www.mindcheck.ca/

Langley Community Services Society Substance Use Program provides information, education, counselling and referrals for persons wanting to create change regarding personal substance use
<https://www.lcss.ca/programs-and-services/substance-use-services/>

How to Help a Friend
teens.drugabuse.gov/blog/post/real-teens-ask-how-can-i-help-my-friend

Here to Help is a BC Information Resource for Individuals and Families Managing Mental Health and Substance Use Problems
www.heretohelp.bc.ca

HealthLink BC has overdose information and nurses available by calling 811 or you can visit;
www.healthlinkbc.ca/healthfeatures/be-drug-smart.html

The Ministry of Health has information on drug abuse overdose prevention
www2.gov.bc.ca/gov/content/overdose

Gaming and Internet Addiction
www.video-game-addiction.org

Gambling Addiction
www.bcreponsiblegambling.ca
Toll Free Number: 1-888-795-6111

Overdose Prevention and Response
<http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/overdose-prevention-and-response/overdose-prevention-and-response>

Those who overcome addictions may be the strongest people on the planet.

DW

Taking Care of Each Other



Walnut Grove Secondary School Community



Reliable Resources and Support for dealing with Addiction



WHAT IS ADDICTION?

Addiction is a physical and mental dependence on a behaviour or substance that a person feels powerless to stop. Although the most common addictions for teens are alcohol, nicotine and drugs – there are other substances and activities that create the same sense of dependency and resistance to withdrawal, such as gaming, gambling, pornography, texting, exercise, and shopping.

FRIENDS

Friends are often the first to realize someone is struggling with an addiction problem. A person experiencing changes in moods, thoughts or behaviour will often confide in a friend. A friend may act as a support in helping someone confront their addiction.

STAGES OF USE

1. Experimentation:

is motivated by curiosity or peer pressure or desire for acceptance; limited to infrequent exposure, 1-2 times.

2. Social/Recreational:

used to enhance a social occasion – to relax, fit in and/or have fun; used with others in social situation

3. Problem or Risky:

used to deal with emotions; i.e., "Binge Drinking"; can cause harm to self or others; large amount consumed over short period of time

4. Chemical Dependency:

an addiction where substances have caused changes to the mind, body, and behaviour

COMMON TRAITS OF ADDICTION



Local Support

WGSS Youth Workers

Room 121

WGSS Counsellors

Drop by anytime to make an appointment

Langley Community Services Counsellor

Ceiliah Sorenson

Phone: (604) 534-7921 ex. 1230

If you are affected by someone else's addiction, here is where you can go for support:

Alateen is a program for young adults who are affected by someone drinking
bcyukon-al-anon.org/meetings.html

Nar-anon is a program for families and friends of addicts
www.nar-anon.org
Phone: (604) 878-8844

