CUSU Substance Awareness Resources

If you or someone around you is in a crisis, call 911.

**Ottawa Resources**
- Distress Centre Ottawa
  - 613-238-3311 (English and French)
  - [https://www.dcottawa.on.ca/](https://www.dcottawa.on.ca/)
- Community Addictions Peer Support Association
  - Peer support services
  - [https://capsa.ca/](https://capsa.ca/)
- CU Umbrella Project
  - Harm reduction strategy to promote safer substance use
  - [https://carleton.ca/wellness/living-well/cu-umbrella-project/](https://carleton.ca/wellness/living-well/cu-umbrella-project/)
- Harm Reduction Services in Ottawa (Ottawa Public Health)
- Carleton Naloxone Training
  - [https://carleton.ca/wellness/naloxone-training-registration/](https://carleton.ca/wellness/naloxone-training-registration/)
- Stigma Ends at CU
  - Social media campaign & drop in services
  - [https://carleton.ca/neuroscience/community-outreach/stigma-ends-at-cu/](https://carleton.ca/neuroscience/community-outreach/stigma-ends-at-cu/)
- AccessMHA
  - Help in accessing mental health and addiction resources
  - [https://www.accessmha.ca/](https://www.accessmha.ca/)
- 1 Call 1 Click
  - One stop access to resources
  - [https://1call1click.ca/en/index.aspx](https://1call1click.ca/en/index.aspx)

**Online Resources**
- National Overdose Response Service
- GRASP (Grief Recovery After Substance Passing)
  - Support group for bereavement
  - [http://grasphelp.org/canada/](http://grasphelp.org/canada/)
- Counselling Connect
  - Connect with a counsellor for a free session
  - [https://www.counsellingconnect.org/](https://www.counsellingconnect.org/)
- Wellness Together Canada
  - Mental health and substance use support
  - [https://wellnesstogether.ca/en-CA](https://wellnesstogether.ca/en-CA)
- Centre for Addiction and Mental Health
Learning & Understanding
- Neuroscience of Addiction by Prof. Kim Hellemans
  - https://www.youtube.com/playlist?list=PLivT1DdbOMP82wZGZEhVMuBJ443yN4jS
- Minding the Brain Podcast
  - http://mindingthebrainpodcast.com/
- Stigma Ends With Me (CCSA)
  - Learning module about dealing with stigma surrounding substance use and addiction
    - https://ccsa.ca/module/stigma-learning-module-3-en/#/
- The Pain of Stigma: Recognizing Stigma and its Impacts (CCSA)
  - Learning module about the impacts of stigmatizing substance use and addiction
    - https://www.ccsa.ca/module/stigma-learning-module-en/#/
- An Overview of Behavioural Addictions
  - https://www.verywellmind.com/addictive-behaviors-4157291
- National Harm Reduction Coalition
  - https://harmreduction.org/
- What is Harm Reduction?
  - https://ontario.cmha.ca/harm-reduction/
- Addictions and Substance Use Treatment Options