

Take Control of Substances. Take back your life.

If you're 16 to 24 years old, we can help with:



- Making healthier choices
- Developing new coping skills
- Options to manage use
- Harm reduction strategies
- Support to withdraw safely
- Coping with life changes
- Resolving personal issues
- Accessing other resources & information
- Connecting to community supports
 - a safe place to live
 - employment/education
 - health/dental care
- and much more!

Youth Substance Use Support
and Treatment Service is
FREE + CONFIDENTIAL

An Addictions Counsellor from Addictions and Mental Health – Hastings and Prince Edward (AMHS-HPE) and a Mental Health Addictions Therapist from Youthab provide services for youth and young adults experiencing substance use issues.

**More info
or to get
connected**

youthab.
613-969-0830
youthab.ca

AMHS-HPE Central Intake
310-6735
hopedreamrecover.ca

youthab.
Support. Empower. Connect.

🐦 @youthabquinte 📌 youthab.inc 📷 @youthab.inc

Belleville
Quinte West
Prince Edward County

Engages. Empowers. Supports.


ADDICTIONS AND MENTAL HEALTH SERVICES
HASTINGS PRINCE EDWARD

🐦 @amhs_hpe