

# Community Resources

[Mind Check](#) is an online resource for youth and their friends and families to connect to mental health resources and support

## [Langley Community Services Society](#)

Substance Use Program provides information, education, counselling and referrals for persons attempting to create change regarding their personal substance use problems

## [How to Help a Friend](#)

[Here to Help](#) is a BC Information Resource for Individuals & Families Managing Mental Health & Substance Use Problems  
In addition, the website provides a great toolbox in regards to Staying Healthy with Technology

[HealthLink BC](#) has overdose information and nurses available by calling 811 or click on the link

## [Gaming and Internet Addiction](#)

[The Ministry of Health](#) has information on drug abuse overdose prevention

[Gambling Addiction](#) Toll Free Number 1-888-795-6111

## [BC Responsible & Problem Gambling Program](#)

## [Overdose Prevention and Response](#)

## [Last Door: Breaking the Addiction](#)

Last Door helps male teens 14 to 18, residential treatment program, located in New Westminister

