



camh | Youth-VAST
mental health is health

WeHearYou.ca

**A New Program To
Help Youth Dealing
With Addiction**

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Is a youth you know:

01

Doing it a lot?

02

**Acting anxious or upset
when they can't do it?**

03

Having it cause problems?

04

**Letting it get in the way of
their school, work or sleep?**

If you answered “**yes**” to any of these questions, try recommending Youth-VAST.

The **Youth-VAST** (Vaping, Alcohol, Substance Use, and Technology) **Dependence Program** is Canada's first personalized youth addiction program that provides team-based care to address many types of addiction.

The program offers free and confidential treatment to youth **aged 12 to 21 living in Ontario** to help them develop healthy coping strategies, access specialized treatment, and build resilience in managing their addiction, either in-person or virtually. No referral necessary.

Youth in the program will meet with a Care Coach who will listen and help them build a way forward to change behaviours. They will get personalized treatment to manage cravings and triggers and if needed, they will meet with a physician for medication.

To learn more and to get a youth started, visit
WeHearYou.ca