

camh | Youth-VAST  
mental health is health

[WeHearYou.ca](https://WeHearYou.ca)

**Help With Addiction  
When You're Ready  
To Talk.**



## Ask Yourself:

01

**Am I doing it a lot?**

02

**Do I feel anxious or upset when I can't do it?**

03

**Is it causing problems?**

04

**Is it getting in the way of school, work or sleep?**

If you answered “**yes**” to any of these questions, you could benefit from 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.

If you are between the ages of **12 and 21** and **live in Ontario**, you can access the program to get free and confidential treatment. We'll help you develop healthy coping strategies, access specialized treatment, and build resilience in managing your addiction, either in-person or virtually. No referral necessary.

You will meet with a Care Coach who will listen and help you build a way forward to change behaviours. You will get personalized treatment to manage cravings and triggers and if needed, you will meet with a physician for medication.

To learn more and get started, visit  
**WeHearYou.ca**