FAMILY AND FRIENDS CARING CARD

Are you worried about someone's substance use?

It's hard when you're worried and don't know what to do. Substance use is a complicated topic, you are not alone in this journey. **Our community is here with you.**

The question, "What is wrong with you?" can cause feelings of self-blame and embarrassment, which can lead to hiding a behavioural or substance use disorder. This is stigma. The **stigma of addiction** makes things worse. Stigma says that problems with addiction are shameful. It makes people want to hide their addiction. Stigma can also make families of people with addiction hide the problem. When people hide, they can't get help. Stigma is still the biggest barrier to addiction treatment faced by people.

Words are powerful

A person's substance use does not define them, it is one part of their life experience. Using words like addict and junkie can label a person in a negative way. Under it all, your friend or family member is the same person. Knowing how to have calm, caring talks without judgment can really help you and your loved one.

Substance use can sometimes affect a person's life. This can cause problems for a person, their friends, and their family. If someone close to you has opened up about their substance use or their substance use was unexpectedly discovered, there are a few ways you can help with their safety planning.

Within your comfort level, **offer to help them to**:

- Understand they may be at risk from the poisoned illicit drug supply
- Find services that can help reduce the risk with harm reduction supplies
- Learn not to use alone - most overdoses happen in private homes
- Know about using the Mobile Lifeguard App

LIFEGUARD DIGITAL HEALTH Powered by evan | SCAN QR CODE FOR DOWNLOAD OPTIONS | **TOWARD THE HEART TOXIC DRUG ALERTS:** Text **JOIN** TO **253787** (ALERTS)

Use drug checking services:

- **Mountainside Harm Reduction Society** - Drug Checking in Abbotsford, Mission, Chilliwack, Hope, Maple Ridge and Langley. **https://mtnsidesociety.ca/drug-checking**

Order Harm Reduction and Drug Checking Supplies by visiting **harmreductionmarketplace.ca**

Local Resources

211 **Dial 211 for more resources**

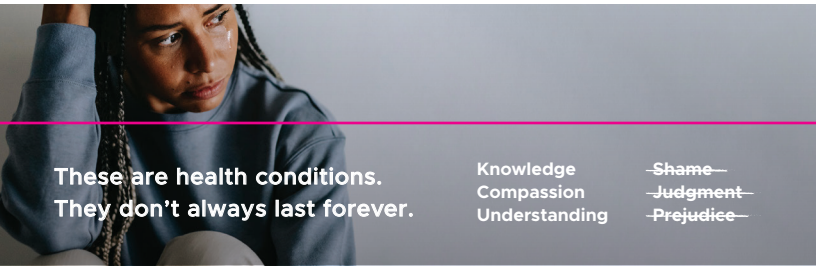
Family Support Services Program (FRASER HEALTH)	**1-833-898-6200**
Abbotsford Addictions (ARCHWAY)	**604-850-5106**
Rapid Access to Addiction Care (FRASER HEALTH)	**604-851-3752**
Roshni Clinic	**604-953-6190**
Matsqui-Abbotsford Impact Society	**1-800-397-0260**
Junction BC Recovery Community (Simon Ave | Mon - Sat)	**604-851-3754**
24/7 Kuu-us Crisis Response Services, Indigenous cultural support	**1-800-588-8717**
The Foundry (YOUTH SERVICES)	**604-746-3392**
24/7 Kids Help Phone or text CONNECT to 686868	**1-800-668-6868**
24/7 Fraser Health Crisis Line	**1-877-820-7444**
24/7 Suicide Crisis Helpline	**9-8-8**

The word abuse creates stigma

- It's not helpful to blame anyone for an illness
- Addictions are connected to pain, trauma, environment, and genetics
- Substances can alter brain chemistry
- Addictions are biological, psychological and social disorders
- Those who sell and promote addictive substances have a responsibility too

The word habit also creates stigma

- It makes us think that a person struggling with an addiction lacks willpower
- People with substance use disorders need our support



Knowing more can help you

LEARN:

- Which toxic drugs are in our community
- The common reasons for substance use
- The locations of our detox and treatment services
- How to have calm, caring talks without judgment
- How people can use drugs more safely **(HARM REDUCTION)**
- How to help without worry **(SEE THE GOOD SAMARITAN ACT)**
- How to use Naloxone with confidence
- Personal boundaries and self care
- How to be safe and shame-free at home

More information for you

WEBSITES:

- abbotsford.ca/abbotsfordaccess **(CLICK ON ABBOTSFORD SUBSTANCE USE SYSTEM ACCESS JOURNEY MAPPING PROJECT)**
- fraserhealth.ca/health-topics-a-to-z **(CLICK ON MENTAL HEALTH AND SUBSTANCE USE)**
- ccsa.ca/multimedia-stigma
- towardtheheart.com
- smartrecovery.org/family
- momsstoptheharm.com | Holding Hope Canada with Moms Stop the Harm
- wellbeing.gov.bc.ca
- al-anon.org/al-anon-meetings/find-an-al-anon-meeting
- nar-anon.org/find-a-meeting
- canada.ca/en/health-canada/services/substance-use/get-help-with-substances-use

211 Call 211 to speak to someone who can help you find local help.

VIDEOS:

- Abbotsford Journey Mapping Project: abbotsford.ca/journeymapping
- Moments to Milestones: Engaging with People who use Substances **(FRASER HEALTH)**
- Calling of the Heart - callingoftheheart.ca
- Holding Hope Canada with Moms Stop the Harm
- What Causes Addiction **(MINUTE VIDEOS ON YOUTUBE)**
- Everything you know about Addiction is Wrong **(JOHANN HARI)**
- The Roots of Addiction **(CHILD HEALTH BC)**

BOOKS (PRINT AND AUDIO):

- Chasing the Scream by Johann Hari
- In the Realm of the Hungry Ghosts by Gabor Maté
- Undoing Drugs by Maia Szalavitz

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Feedback on this resource? Email:
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ABBOTSFORD ACCESS Advancing Equitable Community Services & Supports

ABBOTSFORD