

Know More Opioids Resources

KNOW MORE

DRUGS: GET THE FACTS.
KNOW THE RISKS.

Key Takeaways:

1. **Opioids** are drugs with pain relieving properties that are used **primarily to treat pain**.
2. **Fentanyl** is one of the most powerful opioids. A small amount can kill you.
3. **Fentanyl can be prescribed** but can also be made and sold illegally and mixed with other street drugs.
4. Around $\frac{3}{4}$ of **opioid-related deaths** involve fentanyl.
5. If you are prescribed an opioid, always **follow the instructions of your doctor**.
6. **Know the signs** of an opioid overdose.
7. **Naloxone temporarily reverses an opioid overdose** and you can get it for free at most pharmacies in Canada.
8. If you witness an overdose, **call 911, stay and give naloxone if you have it**.
9. Even if you have taken drugs or have some on you, the **Good Samaritan Drug Overdose Act** provides some legal protection if you stay and call 911.
10. **Stigma** prevents people from getting help—addiction is not a choice.



Words Matter

The **language you use** has a direct and deep impact on people around you. You can reduce stigma by changing the words you use to talk about drug use. **Using kind words** can make it easier for someone to speak up, to feel understood or to receive help.

Topic	Instead of	Use
People who use drugs	<ul style="list-style-type: none"> addicts junkies users 	<ul style="list-style-type: none"> people who use drugs/substances people with an addiction or substance use disorder
Drug use	<ul style="list-style-type: none"> drug/substance abuse drug/substance misuse problematic drug/substance use 	<ul style="list-style-type: none"> drug/substance use addiction/substance use disorder drug dependence

Resources:

- Explore more activities and the Stigma Gallery via [HealthCanadaExperiences.ca](https://www.healthcanada.ca/HealthCanadaExperiences.ca)
- Find immediate, free and confidential mental health and substance use supports, 24/7 with the online portal [Wellness Together Canada](https://www.wellness.together.ca).
- [Kids Help Phone](https://www.kidshelpphone.ca) is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.
- [Get help and find other resources](#) regarding substance use.
- Access more information on the Opioid Overdose Crisis in Canada: [Canada.ca/opioids](https://www.canada.ca/opioids).
- [How to talk to a family member or friend about their drug or alcohol use.](#)