



Canada's Opioid Crisis: How You Can Help

The opioid crisis is a complex public health issue devastating the lives of many Canadians and their families who are experiencing accidental overdose or death from opioids.

TOGETHER, WE CAN SAVE LIVES



Get a free naloxone kit from a pharmacy.

Naloxone is a medication that can temporarily reverse the effects of an opioid overdose. You do not need a prescription.



Take opioids as prescribed, store them in a safe place and dispose of unused opioids at a pharmacy. It is illegal to share prescribed opioids or take them from others.



Call 911, if you suspect an opioid overdose. Follow their instructions and administer naloxone if you have it.



Find support. If you or someone you know needs support for their opioid dependence or opioid use disorder, know that help is available. Our resource, [Finding Quality Addiction Care](#), can help you to find services in your area.



Use non-stigmatizing language. Choose [person-first language](#), which describes someone as a person before describing their health condition. Doing so can help break down negative stereotypes associated with substance use disorder or dependence.

An **overdose** can happen when you take more opioids than your body can handle, which can lead to difficulty breathing and unconsciousness. It can even be fatal.

The *Good Samaritan Drug Overdose Act* protects you from simple drug possession charges if you stay on the scene and call 911 after witnessing an overdose. The Act is designed to encourage and protect people to better prevent overdose deaths.

Instead of: Addict

Use: A person with a substance use disorder

THE OPIOID CRISIS IMPACTS US ALL

Substance use disorder or addiction is a treatable medical condition, not a choice.

Stigma creates barriers that prevent people who use substances from seeking and receiving the care and support they need. Be kind and compassionate to people living with a substance use disorder.