

## Resources for Reducing Substance Use Harms

The links below offer resources and information related to substance use, specifically stigma, alcohol and cannabis. The [Canadian Centre on Substance Use and Addiction](https://www.ccsa.ca) (CCSA) is an organization that aims to reduce substance-related harms for people living in Canada. People should have access to evidence-based information to make informed decisions about their own substance use. We also provide policy makers with high-quality evidence to make informed decisions about substance use policies and regulations. For more information and resources, visit our website at [www.ccsa.ca](https://www.ccsa.ca).

### Stigma

#### [Stigma Ends with Students](#)

An anti-stigma campaign for Canadian campuses supported by CCSA.

#### [Overcoming Stigma: Online Learning](#)

Three learning modules to address the stigma surrounding substance use.

### Cannabis

#### [Knowing Your Limits with Cannabis: A Practical Guide to Assessing Your Cannabis Use](#)

A booklet that helps people reflect on their cannabis use patterns while providing tips and strategies to encourage lower-risk behaviours to reduce harm.

#### [Know the Health Risks of Cannabis](#)

A poster showing how using cannabis can affect physical and mental health.

#### [Cannabis: Inhaling vs Ingesting](#)

An infographic summarizing the key differences between inhaling and ingesting cannabis, including tips for lower-risk cannabis use.

#### [Frequent vomiting from use of cannabis](#)

A poster providing information about cannabinoid hyperemesis syndrome.

### Alcohol

#### [Postsecondary Education Partnership — Alcohol Harms](#)

Past work with a postsecondary group, with many student-led initiatives.

#### [Drinking Less is Better](#)

A poster providing a youth-focused summary of the recommendations in Canada's Guidance on Alcohol and Health and tips to reduce alcohol-related risks.

#### [Canadas's Guidance on Alcohol and Health Quiz](#)

A quiz to test your knowledge about alcohol consumption.

#### [Knowing Your Limits with Alcohol: A Practical Guide to Assessing Your Drinking](#)

A booklet providing tips and guidance for people considering changing their alcohol consumption to a lower-risk level.

#### [Drink Less, Live More website](#)

A hub of resources related to *Canada's Guidance on Alcohol and Health*, including campaign materials.