




You're not alone:

Substances, safety & support

Substance use is on a spectrum, and people use for different reasons. Sometimes people use substances like alcohol or drugs in social settings and others to deal with stress, anxiety, or tough emotions.

If you're starting to feel unsure or have questions about your substance use, this guide is for you.



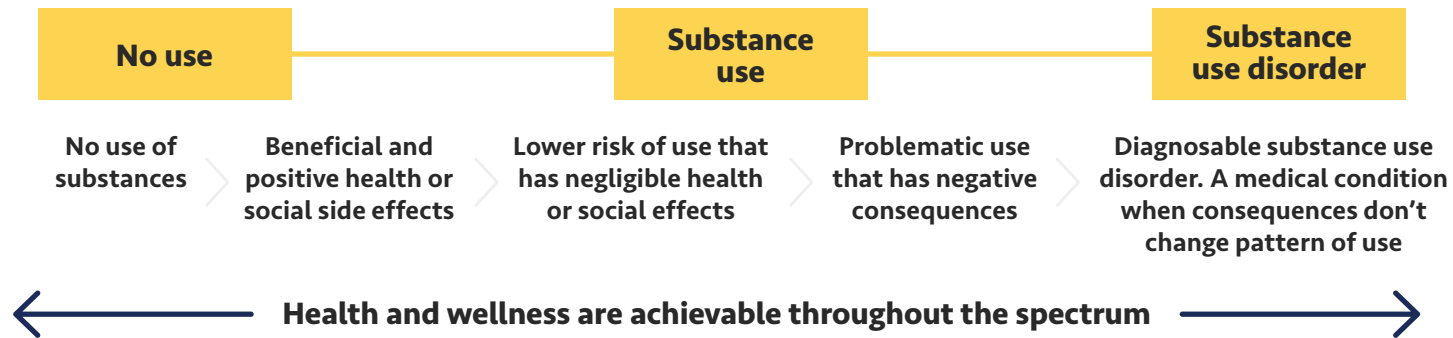
Find out
more [here](#) 

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The spectrum of substance use

Some people use substances once in a while, others more regularly. No matter how much or what kind you use, there can be both benefits and risks.

Learn more about alcohol, opioids, cannabis, stimulants, and more, so you know the facts and can make informed decisions! **Scan the QR code** below to learn more.



Wondering what you can do to stay safer when using substances?



Check out a few things you can do to stay safer when using substances [here](#)

Lots of things can impact risk - like how often you use substances, what types you're using, and how many you're using. Substances can affect your brain and body - sometimes right away, and sometimes over time.

Other Tips!

- Pace yourself:** start low and go slow
- Stick to one substance at a time** - know the effects and risks of mixing medication with substances like alcohol and street drugs
- Stay with friends you trust** and look out for each other
- Plan a safe way home**

**Stimulants**
(like and molly/MDMA)

**Depressants**
(like alcohol and valium)

**Hallucinogens**
(like mushrooms and acid)

**Opioids**
(like codeine, morphine, and fentanyl)

**Cannabis**
Weed is legal for adults in Canada, but it can impact your physical and mental health. Check out a few things you can do to reduce your risk when using.

Overdose: Know what to look for and what to do

The unregulated drug supply is unpredictable, and some drugs can be mixed with strong stuff like fentanyl. You can't see, smell, or taste it, but even tiny amounts can cause an overdose.

An overdose is an emergency. Always call 9-1-1.



Know the signs of an OD for opioids, stimulants, and more, and learn how to respond [here](#)

Naloxone: It's legal, free and can save lives

Naloxone is a medication that can temporarily reverse an opioid overdose and save lives. It is given as a nasal spray or injected.

Naloxone kits are free, legal, and safe for all ages. You can pick one up for free at most pharmacies and you do not need a prescription.



Find out more and where to get your kit [here](#)



How's your mental health?

Substance use can impact your mental health, and your mental health can impact your substance use. Reach out and find the right free and confidential support and treatment options that are best for you.



You don't have to go through this alone... we can meet you where you are at and help.

We care and want to help. Do you want individual counseling, group programs, or live-in treatment? Are you interested in medication that can help with cravings or withdrawal?

For help finding the best options for you, like substance use and addictions counselling or talking with a doctor, call **1Call1Click.ca** at 613-260-2360 (or 1-877-377-7775 for toll-free), [click here](#) or scan the QR code to book an online appointment.



For immediate help in a crisis, call the **Youth Services Bureau's 24/7 crisis line** at 613-260-2360 (or 1-877-377-7775 for toll-free), [click here](#) or scan the QR code to chat online with a counselor. It's free and confidential.



Find more information
and resources [here](#) 

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