What we heard about Opioid Use

Indigenous people disagree with harsh approaches towards opioid use and addiction.

- Going “cold turkey” is the best way to overcome addiction (% DISAGREE: 62%)
- A “tough love approach” is appropriate for dealing with addiction (% DISAGREE: 54%)
- People need to hit “rock bottom” before they can be helped (% DISAGREE: 45%)

Support for Cultural Practices

84% of Indigenous people believe that traditional cultural practices and teachings can support a person’s healing journey.

What we heard about Harm Reduction

People should choose to “stop using drugs” that are harmful.

- Male: 64%
- 65+ years: 60%
- Living in community: 56%

More than half of Indigenous people who are over 65 years of age and/or male and/or living in community are unlikely to support harm reduction approaches to opioid use and addiction.

A harm reduction approach recognizes that every life is valuable and that substance use and addiction are complex and challenging.

First Nations Health Authority
Health through wellness

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*People* referred to in this infographic are survey respondents and may not be representative of the population at large. This infographic was published in July 2019.