

“We need to stop shaming addiction. We need to have open conversations about it in our homes and our offices, in our communities.”

SHANE BAKER
GITXSAN NATION



Start the conversation about drug use. Talk to your family and friends.

The First Nations Health Authority encourages destigmatizing conversations among family members and friends around drug use.

- Be there for each other - reach out to your family and Nation members who may need to hear a familiar voice
- Learn about harm reduction and how it can save lives
- Get a naloxone kit, add it to your first aid kit – it's free
- If you see someone having an overdose: Call 9-1-1 or your local emergency number.
- To speak with a nurse about non-emergency overdose prevention: Call 8-1-1 or visit your local health centre.



“I think it’s critical that we start having these conversations about drug use with our friends and family.”

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“A Naloxone kit has syringes, naloxone and everything you need to save a life. Even your friends or families lives. So learn the ‘save me’ steps.”

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Learn how to use Naloxone. You could save a life.

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“For all the years that I was struggling with drug abuse I was a lost warrior. It was culture and my community that helped me find myself and become the warrior that I am today.”

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