

# **B.C.'S TOXIC DRUG CRISIS**



**We have begun a campaign that will be rolling out over the coming months. As important as it is to raise awareness and understanding and advocate for action, it is also important to recognize that many thousands of citizens have been directly and indirectly impacted by this crisis. If this material triggers unpleasant feelings or thoughts please contact one of the following resources for support.**

**IT'S HARMING KIDS TOO**

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## Resources for those who may be triggered:

- Youth in BC Distress Line: Call **604-872-3311** or **1-866-872-0113** (toll-free) to speak with counsellors and trained volunteers who are committed to helping youth in crisis. Available 24 hours a day.
- Helpline for Children: If you are a child or youth and would like to talk to someone call the Helpline for Children at **310-1234** (no area code & toll-free) to access emotional support, information and resources specific to mental health and substance use. Available 24 hours a day.
- KUU-US (Indigenous) Crisis Line: **1-800-588-8717**
- 310Mental Health Support (**310-6789**) is a crisis line that provides emotional support, information and resources specific to mental health and substance use disorders.

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## Supports and informational resources for those who use substances:

### [Lifeguard App](#)

Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to those with any kind of substance use issue (alcohol or other drugs) available for all ages. Includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome. Contact ADIRS: [1 800 663-1441](tel:18006631441), or in the lower mainland at [604 660-9382](tel:6046609382). (Toll-free, Multilingual, 24/7).

### [Healthlinkbc](#)

[Safer Use](#) harm reduction/overdose training/awareness.

[Canada Got Services](#) Information for people who need help with substance use, including overdose prevention resources.

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