



HOW TO TALK TO YOUR FRIEND OR LOVED ONE ABOUT ADDICTION

Addiction can have an effect on everyone in a community

If we decrease stigma and increase our knowledge, together we can all play a role in wellness and recovery of our loved ones. The Centre for Addictions and Mental Health offers a **FREE** online course we invite individuals to take;

Empowering Families Affected by Substance Use Problems

URL: <https://moodle8.camhx.ca/moodle/course/view.php?id=11>

Addiction: We need to talk about it

Sometimes people don't recognize the negative impacts of their substance use. Start the conversation with your friend, family member or neighbour to show you care.

- Show concern
- Listen
- Be patient
- Keep an open dialogue
- Don't stigmatize
- Make a list of the good things in their life

Let's work together to decrease stigma by changing the language we use.

TOPIC	INSTEAD OF	USE
People who use drugs	Addicts Junkies Users Drug Abusers Recreational Drug Users	People who use drugs People with a substance use disorder People with lived/living experience People who occasionally use drugs
People who have used drugs	Former drug addict Referring to a person as being "clean"	People who have used drugs People with lived/living experience People in recovery
Drug use	Substance/drug use Substance/drug misuse	Substance/drug use Substance use disorder/opioid use disorder Problematic [drug] use [drug] dependence

Many things can play a part in your loved one experiencing addiction:

- Genetic factors
- How drugs interact with the brain
- Environment
- Mental health issues
- Coping with thoughts and feelings

More than 50% of people with substance use disorders also struggle with mental health problems, including trauma and grief. It's important to treat both to create balance of our Mind, Emotions, Body and Spirit.

Sources:

<https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/help-friend.html>
<https://cpsa.ca/wp-content/uploads/2020/06/Changing-how-we-talk-about-substance-use.pdf>
<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction>