

OPIOID PUBLIC HEALTH CRISIS

CALL TO ACTION: WHAT CAN YOU DO TO HELP



- ✦ Engage in open discussions with youths about substance use disorder; have that conversation from a perspective of curiosity rather than from one of judgment.
- ✦ Educate yourself; understand what is driving this crisis.
- ✦ If you know someone who is using, try to understand the root causes as to why the person is using. Emotional and/or physical pain are two gateways to drug use.
- ✦ Language is important; instead of using pejorative language such as “drug addict”, say “a person who suffers from drug use disorder”. Instead of saying “a person who is now clean” say “a person who is in recovery”. Negative terminology stereotypes individuals who are suffering.
- ✦ Start a conversation, be compassionate. This will help to end the stigma of addiction.

Awareness can save lives!

“Addiction is not a choice. It can happen to any one of us”

Kate Middleton, Duchess of Cambridge