

HARM REDUCTION STRATEGIES FOR DRUG USE

Overdoses have been on the rise in the Prairie provinces due to increased rates of depression, isolation, unreliable street drugs, and a decrease in available addiction services. Focus should be on harm reduction methods as opposed to attempting sobriety. These strategies can include:

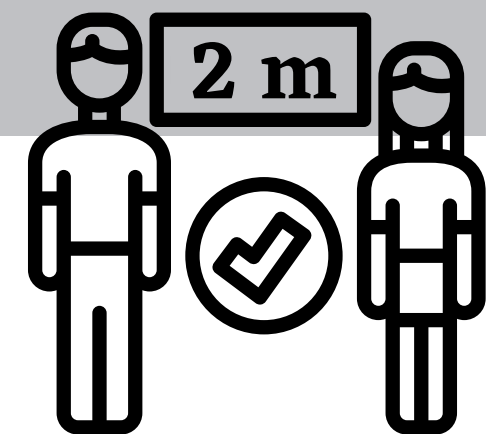
Avoid Stockpiling Substances

- Instead, purchase medications to help with mild withdrawal symptoms such as Pepto Bismol and Ibuprofen.
- Restricting the ease of access can help restrict use.



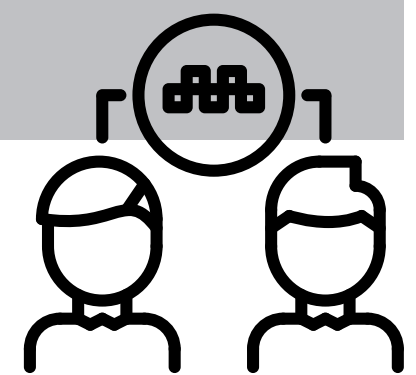
Practice Safer Substance Use

- Be weary of using street drugs or drugs from a new source
- Sanitize equipment before and after use
- Do not share products and/or equipment with anyone.



Avoid Using Alone

- Buddy systems can help prevent overdose
- Conversation and interaction can support more balanced feelings



Prepare and Be Safe

- Obtain substances from a reputable dealer/ source
- Always consume a test dose first if buying from a new dealer
- Carry Naloxone to prevent a fatal overdose. Two doses can be administered if necessary



Responding to an Overdose

- Administer Naloxone if available
- Call 9-1-1
- Perform chest compressions and rescue breaths with a layer of protection such as a towel, clothing, or mask



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Child Trauma
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