

Substance Use



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

Substance Use

Substance use is defined as the use of any substance, such as illicit drugs, drugs from the pharmacy, alcohol, or other substances (such as energy drinks, sniffing gas or glue).

Substance Use Disorder

Signs of a substance use disorder may include:

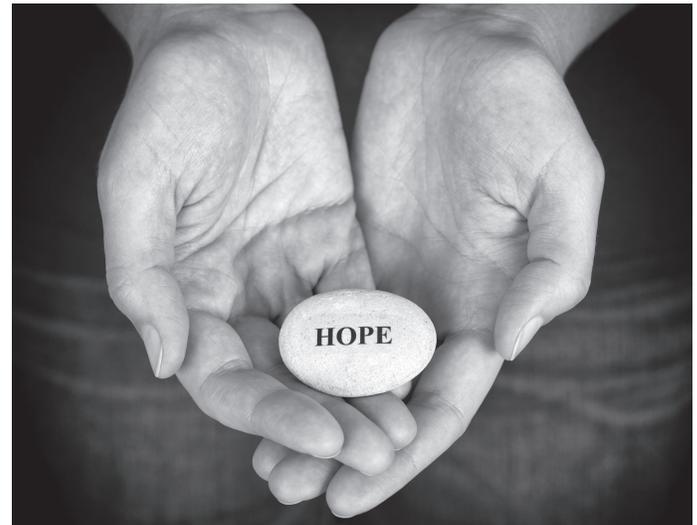
- Lack of control over use (using more than planned, or more often)
- Problems in life as a result of use (difficulties at school, work, home or in relationships)
- Risky using patterns (ie. bingeing or using alone, etc.)
- Needing more substance for the same effect (tolerance)
- Physical symptoms when using stops (withdrawal)
- Craving to use the substance

Managing Substance Use

- Talk to your health care provider (ie. doctor, nurse practitioner, nurse) to discuss healthier alternatives
- Talk to a substance use professional (ie. addictions counselor, alcohol and drug worker or mental health worker) about options for treatment right for you
- Consider substitution therapies ie. nicotine replacement, Suboxone®, Methadone
- Keep track of when you use/drink and how much so you can understand the impact of substance use in your life
- Avoid people and situations that increase urges to use/drink if you are trying to cut down or stop

Harm Reduction Information

For ideas on how to lower the health risks of using substances go to: www.towardtheheart.com
www.catie.ca
www.healthlinkbc.ca



“No one is immune from addiction: it afflicts people of all ages, races, classes and professions”

Patrick J. Kennedy

Resources:

- Pick up a Naloxone Kit from your local:
 - » Mental Health & Substance Use Office
 - » Public Health Office
- Residential School Survivor Support: 1-866-925-4419
- KUU-US Crisis Response Services: 1-800-588-8717 (1-800-KUU-US17)
- Peer Support:
 - » Alcoholics Anonymous www.bcyukonaa.org
 - » Narcotics Anonymous www.bcrna.ca
 - » Smart Recovery smartrecovery.org
- Your local Mental Health and Substance Use Office
- Your local Aboriginal Health Center

Download an App for Your Mobile Device



Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.

Healthlink BC	Nurse	24 hours a day	Daily
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri
	Pharmacist	5 pm–9 am	Daily
www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1	