



Opioid Use Disorder: Resource Guide for Patients and Caregivers

Harm Reduction

▶ **Toward the Heart: towardtheheart.com**

Support and information about harm reduction, including videos, for people who use substances and their friends and families.

▶ **Locations of Overdose Prevention Sites in BC: towardtheheart.com/for-pwus**

Overdose Prevention Sites are locations where people can use illegal drugs under supervision by trained staff who can provide emergency response services if necessary.

▶ **Naloxone Wakes You Up: An overdose response video for youth created by Toward the Heart** (available on Vimeo).

▶ **Where can I get a naloxone kit?**

- gov.bc.ca/gov/content/overdose/where-can-i-get-a-naloxone-kit
- towardtheheart.com/site-finder
- Call HealthLink BC at ☎ **8-1-1**

▶ **Take Home Naloxone Training: naloxonetraining.com**

▶ **BC Ministry of Mental Health and Addictions: stopoverdosebc.ca**

What to do if you suspect an overdose, and ways to prevent or reduce the risk of overdose.

▶ **How to talk about overdose prevention: [FraserHealth.ca: When Words Matter](http://FraserHealth.ca:When Words Matter).**

Crisis and Information Lines

▶ **Alcohol and Drug Information and Referral Service** ☎ **1 (800) 663 1441**

▶ **KUU-US Aboriginal Crisis Line: kuu-uscrisisline.ca**

- Youth: ☎ **(250) 723 2040**
- Adults/Elders: ☎ **(250) 723 4050**
- Toll-Free: ☎ **1 (800) KUU US17**

▶ **Crisis Centre of BC: ☎ 1-800-SUICIDE • 1-800-784-2433 • TTY 1-866-872-0113**

- Phone answered 24/7 in >140 languages. Includes Mental Health Support Line and Seniors' Distress Line.
- Chat available noon to 1 am. For adults: crisiscentreachat.ca For youth: youthinbc.com

Opioid Agonist Treatment Information

▶ **To speak to a pharmacist about any medication-related question, including side effects, call HealthLink BC: Available every evening from 5 pm to 9 am at  8-1-1 / (hearing impaired) 7-1-1**

▶ **Centre for Addictions Research of BC: carbc.ca**

- [Patients Helping Patients Understand Opioid Substitution Therapy](#)

This guide was written by a group of patients in BC to help other patients understand what it's like to be on buprenorphine/naloxone and methadone treatment. It includes information about treatment options, starting and managing treatment from day-to-day, working with your doctor and pharmacist, patient rights and responsibilities, side effects, costs and fees, dealing with stigma, and more.


▶ **Centre for Addictions and Mental Health: camh.ca**

- **Opioid Agonist Therapy: Information for Clients:** Answers to frequently asked questions like “How does opioid agonist therapy work?”, “Does opioid agonist therapy have any side effects?”, “How will opioid agonist therapy make me feel?”, “Will opioid agonist therapy help with pain?”
- **Making the choice, making it work: Treatment for opioid addiction:** Choosing and starting treatment, how treatment works, side-effects, interactions with other drugs, counselling, pregnancy, travel, length of treatment and more.


Help Connecting to BC Health System Services

▶ **HealthLink BC: healthlinkbc.ca  8-1-1 (Toll free, 24/7)**

Non-emergency information and advice from nurses, pharmacists, dieticians and other health professionals. Translation services available in over 130 languages.

▶ **BC211: bc211.ca  2-1-1 (Call or Text 24/7)**

Multilingual free phone and texting service available in Metro Vancouver, Fraser Valley, Squamish-Lillooet, Sunshine Coast Regional Districts, Vancouver Island and the Gulf Islands. Information and referral to community, social, and government services, including substance use care.

▶ **Access Central  1 (866) 658-1221**

Housing information, screening, referral, and placement services for adults who are dealing with substance use issues. For residents of Vancouver, North Vancouver, Richmond, West Vancouver, Sea to Sky and Sunshine Coast.

▶ **The Daily Dose Society: thedailydosesociety.org  (250) 800-0569 (Weekdays 5:30 am – 2:30 pm)**

Services in Victoria including naloxone training, free transportation to appointments for people in a recovery program, help scheduling appointments and coordinating with other social services.

Local Health Authority Substance Use and Addictions Services

▶ **gov.bc.ca: Mental Health and Substance Use Supports in BC**

Includes a map listing all public mental health and substance use services in BC.

▶ **BC Centre on Substance Use: www.bccsu.ca**

Provides a list of [Opioid Agonist Treatment Clinics Accepting New Patients](#)

▶ **Island Health: viha.ca**

- [Substance Use Services](#)
- [Vancouver Island Youth and Family Substance Use Services by Area](#)
- [North Island Orientation Guide: Mental Health and Substance Use Services: A Guide for Families in the Campbell River and Comox Valley Rapid Access Addiction Clinic \(RAAC\)](#)
- [Aboriginal Liaison Nurses](#)

► **Fraser Health: [fraserhealth.ca](https://www.fraserhealth.ca)**

- Substance Use Services
- Youth Substance Use Services
- Family Support
- Aboriginal Mental Health and Substance Use Services

► **Interior Health: [interiorhealth.ca](https://www.interiorhealth.ca)**

- Substance Use Services
- Opioid Agonist Treatment Clinics (IH Supported and Private)
- Aboriginal Patient Navigator Service

► **Northern Health: [northernhealth.ca](https://www.northernhealth.ca)**

- Mental Health and Substance Use Program
- Youth Community Outpatient Service
- Aboriginal Patient Liaison Program

► **Vancouver Coastal Health: [vch.ca](https://www.vch.ca)**

- Substance Use Services
- Youth Services
- Access and Assessment Centre (AAC) 📞 **(604) 675-3700, open 24/7**
803 West 12th Avenue via laneway. An alternative to the Emergency Department for people (ages 17+) having a non-life threatening mental health and/or substance use issue.
[Rapid Access Addiction Clinic \(RAAC\)](#)
- Family Involvement & Support Program
- Aboriginal Patient Navigator Program

► **First Nations Health Authority: [fnha.ca](https://www.fnha.ca)**

- Treatment Centres
- Resources For Community Members
- Naloxone Benefits Information For Community Members

Support for Family and Friends

► **How to talk to youth**

- HealthLinkBC.ca: [Talking to Youth: Parent and school overdose prevention resources](#)
- HealthLinkBC.ca: [How to Start a Conversation with Teens about Opioids](#)
- FraserHealth.ca: [Overdose Information Kit for Schools and Parents](#)

► **Here to Help: [heretohelp.bc.ca](https://www.heretohelp.bc.ca)**

[Family Toolkit](#): education and practical tools for families supporting children, youth and adults with a mental or substance use disorder.

► **From Grief to Action: [fromgriefftoaction.ca](https://www.fromgriefftoaction.ca)**

[The Coping Kit](#): written by family members for family members.

► **Mental Health First Aid: [mentalhealthfirstaid.ca](https://www.mentalhealthfirstaid.ca)**

Training on how to help someone who is developing a mental health problem or in crisis. Reviews signs, symptoms and risk factors for common mental health concerns, and crisis first aid.

► **Bounce Back: cmha.bc.ca**

Free program that teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health.

► **Mindcheck.ca: How to support a friend when you are concerned about alcohol or other drug use.**

► **Support groups:**

- [Family Connections](#) ☎ (604) 313-1918 or ☎ (604) 290-3817 **Vancouver**
- [Parents Forever](#) ☎ (604) 524-4230 or ☎ (604) 860 4203 **Vancouver**
- [Parents R People 2](#) ☎ (604) 853-1766 **Abbotsford/Mission**

Peer Groups

Peers are people who have current or former experience with substance use. Peer groups and networks provide a range of key roles including offering a supportive community at different stages on your journey. Different groups specialize in different areas like harm reduction education, advocacy, support, and recovery.

► **BCAPOM: BC Association of People on Methadone: bcapom.wordpress.com**

Meets every Wednesday afternoon at 2 pm at 380 East Hastings St., Vancouver (VANDU office). Started by methadone clients to provide support and information for people on methadone. People using or considering using methadone are welcome to attend.

► **VANDU: Vancouver Area Network of Drug Users: vandu.org** ☎ (604) 313-1918

A group of users and former users who work to improve the lives of people who use drugs through user-based peer support, education and community representation.

► **SOLID: solidvictoria.org** ☎ (250) 298-9497

An organization of current or former illicit drug users in Victoria who promote practical harm reduction strategies through outreach, education and advocacy. People who use illicit drugs (or used to) are eligible for membership.

► **ANKOR East Kootenay (Cranbrook)** ☎ (250) 426-3383

Hosts the Rural Drug Users Network, which meets to support each other, identify challenges that can be addressed in the community, and reduce isolation. Provides needle exchange and harm reduction supplies; monthly naloxone training.

► **ANKOR West Kootenay (Nelson)** ☎ (250) 505-5506

Drop-in space at 101 Baker St., Monday to Thursday, 10 am – 4 pm.

► **WAHRS: Western Aboriginal Harm Reduction Society: wahrs.ca** ☎ (604) 683-6061

A group of urban Indigenous peoples who live, work and play in Vancouver's Downtown Eastside neighbourhood. Members are current or former illicit drug and/or illicit alcohol users. WAHRS runs many programs including weekly meetings, healing circles, and community leadership.

Youth Resources

► **The Foundry: foundrybc.ca**

One-stop-shop for people ages 12–24 to access mental health care, substance use services, primary care, social services and youth and family peer supports. Currently available in: Vancouver Granville, the North Shore, Kelowna, Abbotsford, Campbell River, Victoria and Prince George. Coming soon to: Ridge Meadows and Penticton.

► **Mindcheck: mindcheck.ca**

Quiz for youth and young adults to help identify problematic drug use. Includes symptoms of problematic drug use, harm reduction tips, and self-care resources.

► **VIHA.ca: Booster Buddy App:** Free app that helps youth and young adults improve their mental health through a series of daily quests designed to establish and sustain positive habits.