



Illustration: Shoshannah Greene and Jess Stanley | Art direction: Estella Lum

# We are all in this together

Everything is connected — our histories, families, stories, and ways of being. We live in relation with one another and with the lands, waters, and creatures around us. Substance use connects us all too. We stand in community to support, care, and protect each other. We are strong and we are all in this together.



Need help?



# Have questions? Need help?

We're here for you.



**Available to First Nations (status and non-status), Inuit, and Métis:**

## **United Way alcohol & drug information and referral service**

Education and prevention resources, support groups, and counselling and treatment services.

1-800-663-1441 | Lower Mainland: (604) 660-9382

## **HealthLink BC**

Call or text **2-1-1** for reliable non-emergency health information and advice in BC.

### **Wellness programs and harm reduction resources**



Opioid treatment  
1-833-804-8111

### **BC Mental Health and Substance Use Services**



Crisis line  
310-6789

### **KUU-US (Indigenous) 24/7 crisis lines**

Toll free: 1-800-588-8717

Youth line: 250-723-2040

Adult and elder line: 250-723-4050

**Suicide crisis helpline: Call 9-8-8**

**Mental health line: Call 3-1-0**

**Kids Help Phone: 1-800-668-6868**

Text: 686868

### **Available to all First Nations living in BC:**

#### **First Nations Health Authority**

Indigenous virtual doctor of the day

1-855-344-3800

FNHA-approved  
treatment centres



Application to  
FNHA-approved  
treatment centres



### **Available to all Métis living in BC:**

#### **Métis Nation BC**

Mental health and harm reduction



24/7 crisis line

1-833-Metis-BC (1-833-638-4722)





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# We are all people

People who use substances are our relatives. They are our sisters, brothers, fathers, mothers, aunts, uncles, cousins, loved ones, friends, and neighbours. Together, we become our stories, our histories, our memories, and our future. We sit across from each other at the table and at the drum circle. Let's remember our teachings: respect, truth, courage, humility, wisdom, honesty and love. We are all people.



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# Support saves lives

Support is critical to our journey in life. Everyone needs support in their own way and in their own time. We might reach out, or we might not. Support can be a helping hand, a cup of tea, or a kind word. It can be a passing moment or a commitment every day. Having support changes how we move through the world and how connected and safe we might feel. Support saves lives.



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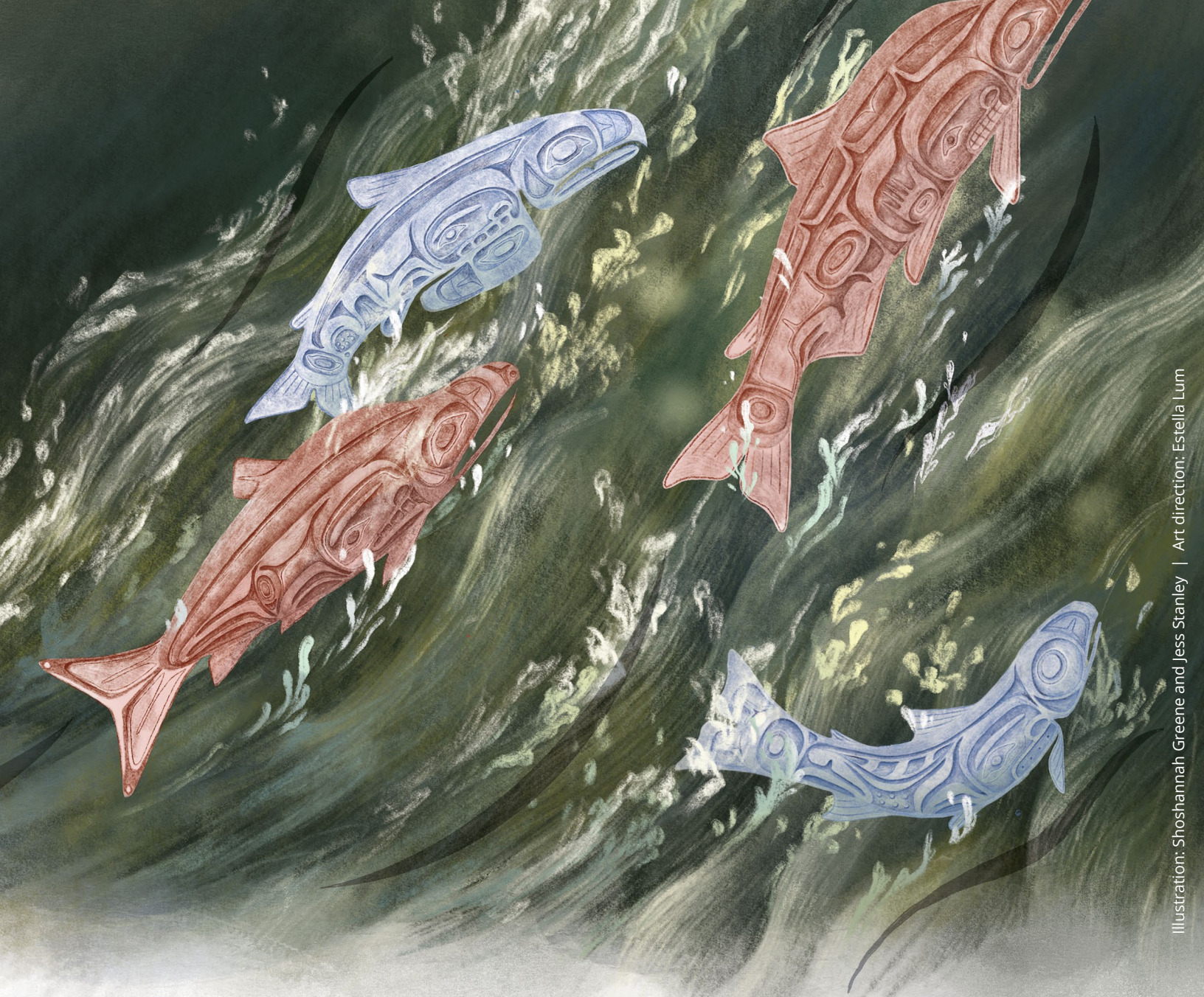


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## We each have our own journey

There are many paths to wellness. We all swim in the same stream and we all meet challenges differently. No one way is the right way. Substance use might be part of our stories, but it does not define us. We can use more wisely, we can take our time, and we can choose the path that is right for us. We each have our own journey.



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# Community saves lives

We are all part of a shared community. We come together for ceremony, mourning, celebrations, gratitude, harvest, support, and belonging. Together, we have a responsibility to understand how substance use can impact our loved ones and what it means to be there for those who need us — what it means to paddle when someone else can't. We must paddle together, work in rhythm, and become part of a greater whole. Community heals and community saves lives.



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# Find your community

Sometimes, starting fresh can feel lonely. It might mean creating new connections, which can be hard. But facing that change is the first step to finding support and building new relationships. Feeling disconnected is a part of life and finding belonging takes time. Our lives may not be the same, but starting a journey to wellness can lift us up. We can all find our true community.



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# Setbacks happen

In the game of life, setbacks on the path to wellness from substance use are normal. Wellness looks different for everyone, and it's okay to have ups and downs along the way. They are stepping stones to success. Every step forward — no matter how small — is a victory. Celebrate every step forward on your journey to wellness.



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