

SUBSTANCES AND PSYCHOSIS

- Methamphetamine use, heavy cannabis use, and alcohol withdrawal are highly related to psychotic symptoms
- Substance-induced psychosis may occur from taking too much of a substance, taking it over a prolonged period of time, mixing substances, or withdrawing from a substance
- People with family history of trauma or psychosis are more at risk of experiencing substance-induced psychosis

KNOW YOUR SUPPORTS

- Seek support from those close to you
- Call The Alcohol & Drug Information Referral Service for detox, self-help, counselling and treatment options in BC. 24/7 at 1-800-663-1441
- Join a SMART recovery meeting (free, with both in-person and virtual options)
- For Indigenous services, call the Hope for Wellness Help Line 24/7 at 1-855-242-3310. Available in English, French, Cree, Ojibway or Inuktitut

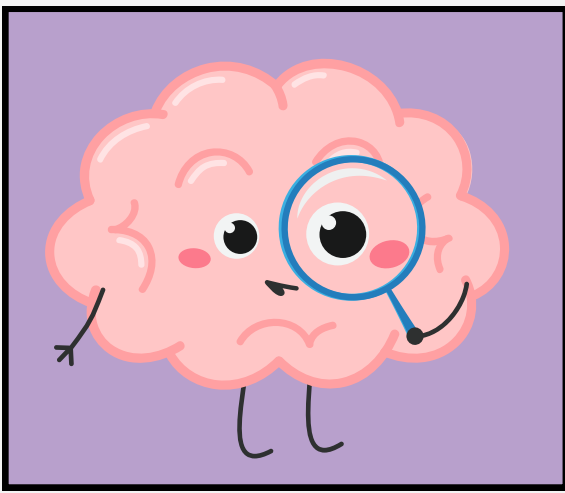


Need to be connected with counselling? Treatment? Housing? Income support? Cultural support? Your health care provider can match a service to your needs.

HARM REDUCTION



- If using substances, carry naloxone and know how to use it. Naloxone is only effective against opiates, however other substances may be laced with opiates
- Aim to reduce your use as much as possible and never use alone
- Always use new needles and clean pipes
- Use safe consumption sites whenever possible
- Use Lifeguard, a free app that automatically connects people who use drugs to first responders if they become unresponsive



COMPARE THE BENEFITS OF YOUR SUBSTANCE USE TO ITS DISADVANTAGES

Benefits	Disadvantages
<i>e.g. helps me be less shy</i>	<i>e.g. distances me from my loved ones</i>



**How long do the positive effects last?
How long do the negative effects last?
What need do you want substances to fill? How else can you fill that need?**

Think about your most important goals in life and ask yourself, “will this substance help me to reach my goal?”