

"I've lost friends and family to overdose. I want to do my part to keep people alive."

– Melanie, Saddle Lake Cree Nation


**Increase the Support.
Reduce the Harm.**

Harm reduction sites and services are open, safe and expanding to more locations in BC.

[FNHA.ca/HarmReduction](https://fnha.ca/HarmReduction)



First Nations Health Authority
Health through wellness



“We need bigger conversations
about how to save lives from
overdose.”

– Sekani, Dakelth First Nation


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“Know the source of your
comfort and use it safely.
That’s harm reduction.”

– Ken, Yale First Nation


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First Nations Health Authority
Health through wellness

A portrait of a woman with short black hair and bangs, wearing a black top and pink beaded earrings. She is looking slightly to the right with a thoughtful expression. The background is a soft, out-of-focus green.

“Before you judge, look at
what’s caused the addiction.”

– Eva, Thunderchild First Nation


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“When your friends
drop beside you, be sure
naloxone is close by.”

– Ken, Yale First Nation


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Using drugs alone is dangerous. Using with
someone else is safer, even during COVID-19.

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“I grew up surrounded by addiction and lost people who were close to me.”

– Lisa, Leq’á:mel First Nation


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“Don’t be afraid to ask for
help with your addiction.
That’s what’s going to
save your life.”

– Candice, Dene and Cree Nation


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Ask your healthcare provider or support
network about safer alternatives to toxic drugs.

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"I want to say to anyone who
is out there struggling with
addiction, you are not alone.
I care about you."

- John of the Wolf Clan,
Tutshone, Tlingit, and Dene Nation


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“Culture saved my life. It was the missing link and it helps me on my journey in sobriety and spiritually in life.”

– Juanita, Cree and Dene Treaty 6 Territory

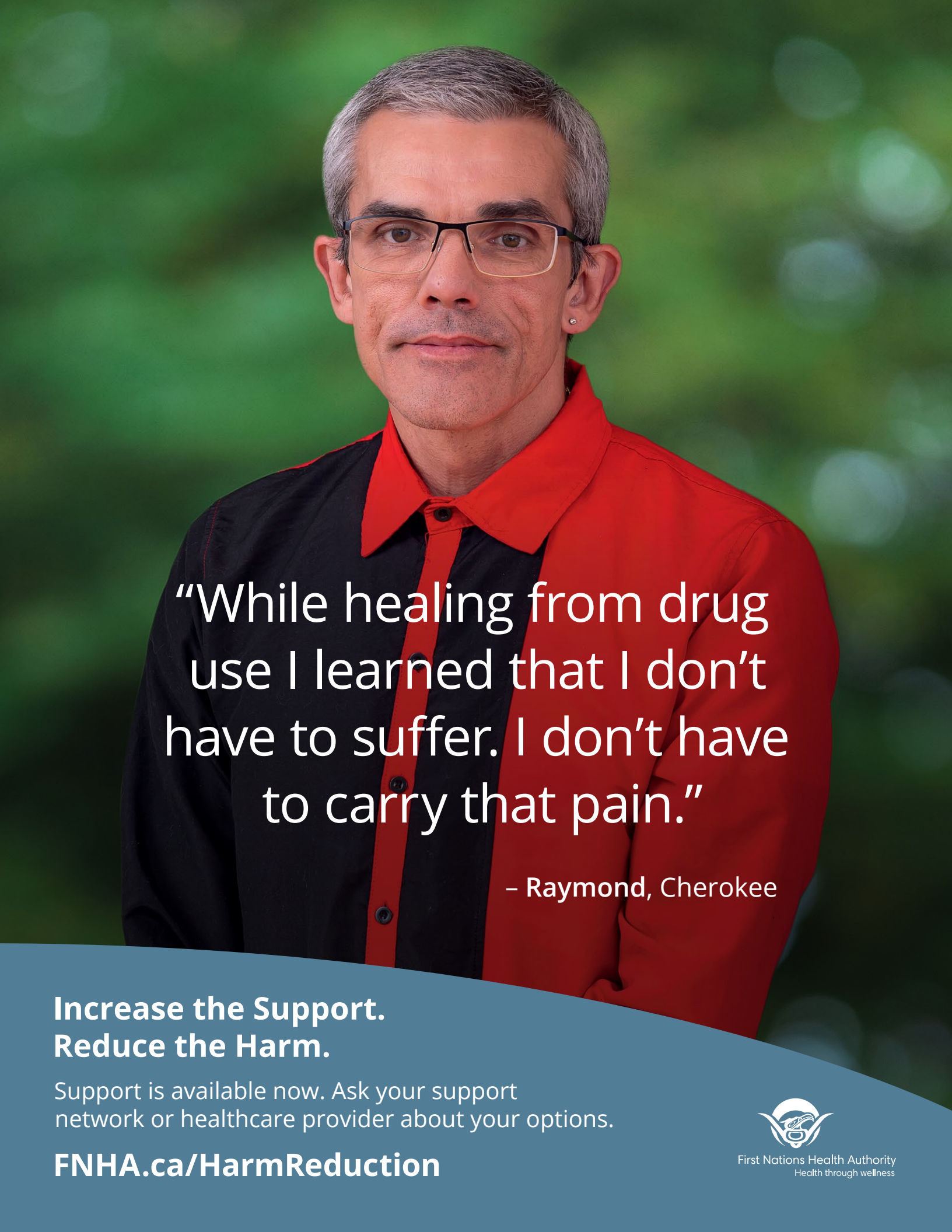
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“While healing from drug use I learned that I don’t have to suffer. I don’t have to carry that pain.”

– Raymond, Cherokee


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“What helped in my healing journey was looking up to other Indigenous people.”

– Saige, Lutselk’e Dene Nation


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“If you come from a life
of addiction, you know the
importance of trust.”

– Eva, Thunderchild First Nation


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“To be a safe person to talk to, share some of your own life experiences. Talk about what’s helped you.”

– Melanie, Saddle Lake Cree Nation


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“If your loved one is using drugs,
set boundaries and stick to them
– but also be there when they are
ready to move on.”

– Lisa, Leq’á:mel First Nation

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