

## Drugs and Substance Use

- [CDC Harm Reduction Video](#)
- **Drug Information**
  - General Opioid Information
    - [Information about opioids | Vancouver Coastal Health \(vch.ca\)](#)
  - Fentanyl
    - [Expert Guide to Fentanyl: Risks, Dangers, and Safety Measures](#)
    - [Fentanyl Use and Overdose Prevention Tips](#)
  - Prescription Opioids
    - [Prescription Opioid Facts](#)
  - Heroin
    - [Heroin Overview](#)
  - Xylazine
    - [Xylazine Basics: Overdose Prevention, Harm Reduction, and Wound Care](#)
  - Stimulants
    - [Stimulant Safety: Getting Amped Up to Reduce Harms When Using Stimulants](#)
    - [Overamping](#) (effects of stimulant overuse)
- **Safer Drug Use Practices**
  - [Tips for Safe\(r\) Drug Use](#)
  - [Never Use Alone website](#)
    - Call Never Use Alone 877-696-1996 your Overdose Prevention Lifeline
    - Never Use Alone is a phone number that anyone can call when they are about to use a substance. The caller can connect with a peer who will stay on the line with the person while they use. The peer operator can support the individual and ensure that emergency services are called if needed.
  - [Getting Off Right: A Safety Manual for Injection Drug Users](#)
- **Medication for Addiction Treatment (MAT)**
  - **Buprenorphine**
    - **What it is:** is a partial opioid agonist, meaning that it binds to those same opioid receptors but does not *completely* activate them.
    - **How it works:** reduces cravings and withdrawal symptoms without producing euphoria.
    - **How to get it:** can be prescribed by certified healthcare providers through the Drug Addiction Treatment Act. (NHRC, 2024)
    - [The Facts about Buprenorphine](#)
    - [Buprenorphine Quick Start Guide](#)
  - **Methadone**
    - **What it is:** synthetic opioid agonist that binds to opioid receptors
    - **How it works:** eliminates withdrawal symptoms and relieves cravings
    - **How to get it:** must be dispensed through specialized opioid treatment programs (OTPs) (NHRC, 2024)
    - [Information on Methadone](#)
  - **Naltrexone**

- **What it is:** is an opioid antagonist, which means that it works by blocking the activation of opioid receptors
  - **How it works:** prevents any opioid drug from producing rewarding effects such as euphoria
  - **How to get it:** can be prescribed by any medical professional who can prescribe medication (NHRC, 2024)
  - [Information on Naltrexone](#)
- **Medication for Alcohol Use Disorder**
  - [Medication for the treatment of Alcohol Use Disorder \(pages 3 and 4\)](#)
- [Medication Assisted Treatment - Information for Family & Friends](#)
- **Overdose Prevention**
  - **Naloxone**
    - [What is Naloxone \(video\)](#)
    - [Naloxone Education Course](#)
    - [How to assemble Naloxone kits](#)
  - [Overdose Safety Planning Step by Step & Supports \(vch.ca\)](#)
  - [Overdose Prevention Basics](#)
  - [The Safer Bathroom Toolkit - University of Victoria \(uvic.ca\)](#)
- **Wound Care**
  - [Wound Care and Medical Triage for People Who Use Drugs](#)
- **Drug Testing**
  - [Effectiveness-of-Fentanyl-Test-Strips](#)

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