

## Just in case you get off track...

### People you can talk to:

- Peak House 604-253-3381
- My A&D counsellor
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### Safe places you can go:

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### Things you can do to get back on track:

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## Dealing with Boredom

Do things that make you feel good about yourself:

- Art
- Music
- Fitness
- Cook
- Go to a meeting
- Hang out with non using friends
- Check out free events in your area
- Do a random act of kindness
- Volunteer (SPCA, community garden...)

Remember all the stuff you couldn't do, or didn't bother to do when you were using?

Now's the time to go do it!

## Resources

|                            |                |
|----------------------------|----------------|
| Health Link/ BC Nurse Line | 811            |
| A&D Referral Line          | 1-800-663-1441 |
| Crisis Line                | 1-800 -SUICIDE |
| Kids Help Phone            | 1-800-668-6868 |
| BC Queer Resource          | 1-800-566-1170 |
| Youth Detox Line           | 1-866-658-1221 |
| UNYA                       | 604-254-7732   |
| Alcoholics Anonymous       | 604-434-3933   |
| Narcotics Anonymous        | 604-873-1018   |

### Websites to check out:

[www.bc211.ca](http://www.bc211.ca)

[www.survivalmanual.org](http://www.survivalmanual.org)

[www.charlottetekasl.com/site/16-step-program](http://www.charlottetekasl.com/site/16-step-program)

[www.smartrecovery.org](http://www.smartrecovery.org)

[www.carbc.ca](http://www.carbc.ca)

[www.peakhouse.ca](http://www.peakhouse.ca)



## Staying Safe

## When You Leave

### Peak House

604-253-3381

Toll free: 1-866-253-3381



[www.peakhouse.ca](http://www.peakhouse.ca)

## Some ideas that will help you stay on track

- Clean out your room (with support!) to get rid of your old using supplies.
- Review your orientation work or aftercare plan.
- Watch your welcoming or commencement ceremony videos.
- Make appointments with your A&D counsellor and other supportive professionals.
- Visit supportive friends and family.
- Journal.
- Make a list of things you are grateful for.
- Remember HALT. When working through tough feelings check if you're hungry, angry, lonely or tired. Then fix it!
- Practice self-care: take a bath, have a favorite snack, play with a pet.
- Do a random act of kindness.
- Attend a supportive meeting.
- Remember the reasons you stopped using.
- Create a daily schedule & stick to it



## Just in case you get off track...

We hope you don't use.

**IF** you slip, remember it's not the end of the world. Relapse can be something that reminds you to get back on your path to recovery.

### **Do:**

- Stay calm and go to a safe place
- Have a list of phone numbers of trustworthy people you can call day or night
- Have a plan, list steps to get back on track
- Try some of the strategies you were using to make staying on track easier.

### **Don't:**

- Don't panic
- Don't isolate from supportive people
- Don't blame or be hard on yourself
- Don't give in to the belief that there is no hope or that you will never change
- Don't do nothing

*If you still want to use... try to be as safe as possible.*

### **Safer Using:**

- Remember that if you stop using for a long time, it can be very dangerous to go back to using at the same level you were at before because you no longer have the tolerance for that amount; overdose is a real danger!
- Always use clean supplies. Don't share supplies.
- Use the buddy system, don't use alone.
- Stick to one substance at a time

- Never drive or let your friends drive if alcohol or drugs have been used.
- Let someone know where you are going, who with and what time you will be home.

### **Signs of Overdose**

- Heroin overdose might feel like: hard to stay awake, no energy or strength, and can't walk or talk. It might look like: slow or no pulse, slow or no breathing, pale/blue/cold skin, limp body, eyes are rolled back, vomiting.
- Crack/Meth overdose might feel like: heart is pumping fast, short of breath, hot, sweaty and shaky, chest pain, nausea, or faintness. It might look like: fast or no pulse, fast or no breathing, hot and sweaty skin, confusion, anxiety, unconscious, vomiting or seizures.
- If someone ODs: try to walk them around and keep them awake, roll them on their side if they are unconscious, call for help – don't leave them, call 911, and wait for the paramedics to arrive.

## Safer Sex

- Remember abstinence is your safest option.
- Get tested.
- Talk with your partner(s) before becoming intimate.
- Get educated about HIV and other STIs.
- Talk to a health provider about safer sex options.
- Learn how to use a condom and don't store condoms in your wallet or back pocket. Check the expiry date.