



SELF CARE



HELP

Staying Alive

+ OPIOID HARM REDUCTION

ALTERNATIVES



Self Care

Move Try to get some physical activity each day.

Eat Feed your body healthy food and drink water.

Sleep Getting enough rest helps your body run better

Balance Say no when you need to. Take time to look after yourself.

Expand your mind Find a hobby. Create something. Do something new.

Connect Spend time with people you care about, who care about you.

TO LOCATE A NEEDLE-EXCHANGE PROGRAM, A SAFE-USE SITE,
OR TO GET ANY INFORMATION RELATED TO SUBSTANCE USE OR TREATMENT:
1-866-332-2322 (Addiction Helpline) www.stopods.ca www.norquest.ca/staying-alive

*all statistics describe Alberta 2018. www.alberta.ca/opioid-reports.aspx *