

Opioid Crisis - Canada

How we can help



YMCA
Youth Opioids
Awareness
Program

YMCA
Programme de
sensibilisation aux
opioïdes chez les jeunes

What Are Opioids?

- Opioids are a group of pain-relieving drugs that come with potentially highly addictive properties³
- Opioids are listed under the category of depressants. This means when an opioid has been taken, it will depress the central nervous system and slow things down like your heart rate and your breathing³
- Opioids travel through our bloodstream and attach to pain receptors in our brain for them to work³

What is the Opioid Crisis?

- Canada is currently experiencing a devastating opioid crisis due to the intensity of the contaminated drug supply²
- Recent studies show that between January - June 2023, there were 22 opioid toxicity deaths per day in Canada²
- This statistic goes to show that the opioid crisis is affecting many lives every day²

Carry a Naloxone Kit:

- Naloxone is a life-saving medication designed to reverse the effect of an opioid overdose that you can get at many pharmacies across Ontario for free.¹

How to Respond to an overdose:

1. Shout & Shake
2. Call 9-1-1
3. Give Naloxone
4. Rescue Breathing
5. Is it working? If not, repeat steps 3&4¹

1. Hamilton Health Science (2020)., How to Use naloxone Kit <https://www.hamiltonhealthsciences.ca/share/how-to-use-a-naloxone-kit/>

2. Government of Canada (2023)., Opioid- and Stimulant-Related Harms in Canada <https://health-infobase.canada.ca/substance-related-harms/opioids-stimulants/>

3. Government of Canada (2023)., What are Opioids? <https://www.canada.ca/en/health-canada/services/opioids.html>