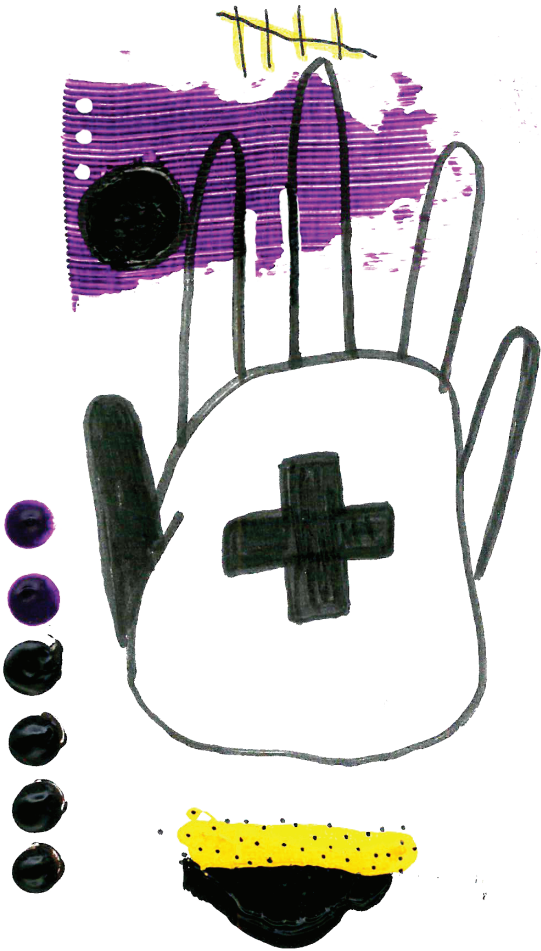


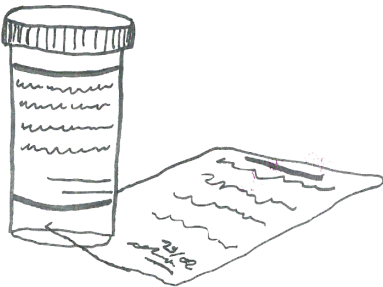
**A COMMON SENSE GUIDE
TO HUMANIZING
SUBSTANCE
USERS**



**BROUGHT TO YOU BY
DULF'S INDIGENOUS ADVISORY BOARD**

This guide will not contain any information that is already accessible through any given community clinic (e.g. narcans training, community resources) our intention instead is to focus on the relational aspects of harm reduction that are too often not prioritized due to the rigid, dehumanizing approach to harm reduction that is informed by the racist medical system & that oversaturates our communities.

This guide was made by Indigenous substance users on the stolen lands of the Squamish, Musqueam, & Tsleil-Waututh peoples with support from the Drug User Liberation Front.



Much like people that don't use drugs &/or drink, we are, everyone of us, individuals with individual wants, needs, hopes & fears..

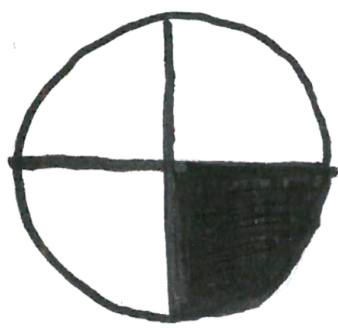


Don't assume you know anything about or are in solidarity with substance users just because you've seen a couple webinars or documentaries or even if you have a substance using friend or have worked with PWLE (people with lived experience)



We are individuals who make up a vibrant but volatile community that, unlike the privileged few, are consistently exploited by media, non-profits, academia, artists amongst many other extractive industries





If you see someone that appears to be unresponsive and there's no one already checking on them, don't just keep walking past them, this is a human life we're talking about, don't just ignore it.

If you feel like someone may have OD'd, it's better to check on them and be wrong than to have done nothing and potentially left someone to die.



And regardless of your expertise in this field, CALL 9-11

Considering all the awful garbage that illicit drugs are cut with nowadays, an overdose isn't as cut and dry as it may have been before and paramedics are far better equipped to deal with them no matter how much harm reduction training you may have..



**"WHY WOULD I GIVE
MY HARD EARNED
MONEY TO SOMEONE
THAT'LL JUST
WASTE IT ON DRUGS
& BOOZE?!"**

**NECESSITY IS IN
THE EYE OF THE
BEHOLDER. BELIEVE
IT OR NOT, ILLICIT
SUBSTANCES ARE
NECESSARY FOR
MANY OF US TO
CONTINUE
SURVIVING IN
UNLIVABLE
CONDITIONS. DON'T
LET STIGMA INFORM
WHO YOU THINK IS
WORTHY OF YOUR
SUPPORT & WHO
ISN'T**



HARM REDUCTION
CAN SOMETIMES


BE AS SIMPLE
AS MINDING

YOUR

OWN

FUCKING BUSINESS





Having to navigate the world as a substance user, especially an IV drug user, is extremely difficult & maintaining a sense of normalcy becomes less & less of a priority leading to alienation, poverty & anti-social behavior.



Many things that people may take for granted, such as maintaining employment or relationships, even everyday things like shopping or getting coffee with friends, are all affected by the stigma that drug users face.

So what can be done to ensure that people who use drugs aren't forced into the margins of society..?





It starts with something as simple as this:



If drug users are, in fact, welcome in your space...



MAKE IT KNOWN

Many drug users must resort to haphazardly fixing in restrooms & other public spaces. Whether you like it or not, this is a reality and something as simple as having your staff narcan trained could save countless lives.



INDIGENOUS

**JUNKIES, SPEEDFREAKS,
CHUGS, BURNOUTS,
DEALERS, BOOSTERS,
CRACKHEADS, ACID
CASUALTIES &
OTHERWISE**

ARE

SACRED

**ALL MY RELATIONS
(NO EXCEPTIONS)**

**There is as many reasons
for someone getting
hooked on drugs as there
are drug users..**

**When we are left to
fend for ourselves,
to be our own
doctors, to survive
in a hostile world, it
can be tempting to
get carried away
but no person is
inherently a
'chaotic' drug user
who chooses to
abuse drugs.**



**it is more often a matter of
external and internal stresses that
lead someone to overcompensate
with substance use. It becomes
incredibly easy to get stuck in a
spiral that drives us to
continuously "bottom out."**



Some things to keep in mind regarding naloxone:

If you've narcanned someone in public you know that people LOVE a spectacle. In order to avoid confusion include the crowd, ask someone to call 9-11 for you or get them to help you count breathes, take a leadership role otherwise the scene is likely to become a chaotic shit storm.

Getting narcanned sucks, a dose you may have spent all day hustling for is now wasted and you have to immediately start working towards getting another fix.

Most people are just a bit confused after coming to but are still relatively calm while others may lash out or become violent, make sure to give them room to breathe either way.

