

This is National Addictions Awareness Week

Did you know our Simcoe-Muskoka Addiction Awareness Week Committee works to increase addiction awareness and reduce stigma?

What does addiction mean?

“a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence” www.merriam-webster.com/dictionary/addiction

Who does substance use and addiction impact?

It can impact anyone! It does not discriminate.

You could struggle with addiction, know someone who is using substances or dealing with an addiction or work in the field that witnesses people struggling with their use or gambling. Addiction impacts people in a variety of ways, and can include people dealing with their mental health and/or concurrent disorders.

What is Harm Reduction?

“Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs”. harmreduction.org

We see what we want to see...
Addiction can impact anyone at anytime
See that there is more than meets the eye and help stop the stigma!

To get help for you or someone you care about, call 1-866-531-2600 or go to ConnexOntario.ca. Many services ARE free and help IS available.

Brought to you by the Simcoe Muskoka Addictions Awareness Week Committee:

Canadian Mental Health Association, Simcoe County Branch

Georgian College

Waypoint Centre for Mental Health Care

Wendat Community Programs

Barrie Housing



References:

[CMHA Connect \(Intranet Organization and News\)](#)

[Simcoe Peer Support](#) : www.mentalhealthandaddictions.com or call (705)444-1844

<https://hayleypeek.com/pages/peersupport>