



Help reduce harm caused by opioid poisoning in your community

Opioid poisoning can happen any time – to a friend, a colleague, or a loved one. It is a growing health crisis with tragic consequences for those who use substances, their families, and the communities in which we live.

That is why the Canadian Red Cross established its Opioid Harm Reduction project – an initiative funded by Health Canada's Substance Use and Addictions Program designed to increase awareness, training and access to naloxone to reduce the devastating impacts of opioid poisoning.

We are focused on reaching people most at risk for opioid poisoning in under-served communities and helping Canadians to better understand the risks, stigmas, and misconceptions of opioid poisoning.

See the reverse side to find out how you can use your skills, experience and leadership to make a difference in your community.

OPIOID FAST FACTS

- Since 2016, opioids have killed more than 29,000 Canadians. Many communities continue to report record numbers of opioid-related deaths, emergency calls and hospitalizations.
- Opioids are a broad group of drugs that interact with opioid receptors in brain cells to release signals that muffle your perception of pain and boost feelings of pleasure.
- Physicians often prescribe opioids (such as morphine, hydrocodone, codeine, fentanyl, etc.) to relieve serious pain caused from things like dental surgery and cancer.
- Anyone can run into difficulty managing or using opioids – no matter where you live or your background.
- Many who experience opioid poisoning are first-time or occasional users.

Opportunities to make a difference in your community

Increase your knowledge and support Opioid Harm Reduction (OHR) education, awareness, and training initiatives.

COURSE DESCRIPTION	WHO IS THIS COURSE FOR?
<p>OHR Champion Course Free, online training, 30 minutes</p> <ul style="list-style-type: none"> Learn more about the opioid crisis in Canada and how you can help. Learn how stigma can deter those in need from getting help and consider ways to raise awareness within your personal and professional networks using social media and other tools. Gain skills, knowledge, and resources to be a champion for changing attitudes and misconceptions about how opioid poisoning is viewed in our communities. 	<p>Anyone 13 years of age or older who is interested in reducing stigma around opioid use, learning more about the opioid crisis in Canada, and discovering ways that they can help.</p>
<p>First Aid for Opioid Poisoning Emergencies Free, online training, 45 minutes–1 hour</p> <ul style="list-style-type: none"> Become knowledgeable and confident in how to respond to an opioid poisoning emergency. Learn about opioids and how they affect the body, how naloxone works, and how to administer naloxone. Explore factors that can affect the risk of an opioid poisoning, consider ways to reduce the influence of stigma, and gain strategies for self-care. Learners who complete the online course will be eligible to receive a nasal naloxone kit*. 	<p>Anyone 16 years of age and older who wants to learn first aid skills and knowledge to prevent, recognize and respond to an opioid poisoning emergency.</p>
<p>OHR Leader Course Coming Soon</p> <ul style="list-style-type: none"> Gain skills, knowledge and resources that will prepare you to deliver the First Aid for Opioid Poisoning Emergencies workshop for in-person or virtual delivery. Build confidence to empower community members with the skills to recognize and respond to an opioid poisoning. Learners who complete the online course will be eligible to facilitate the distribution of free naloxone kits in their communities*. 	<p>Anyone 18 years of age and older with a current Emergency or Standard First Aid and CPR certification. Learners will complete the First Aid for Opioid Poisoning Emergencies online course as part of the process to become an OHR Leader. <i>Course not available to residents of Quebec due to established programs in place.</i></p>

*Open to residents in all provinces and territories, except Quebec. While supplies last.

Visit redcross.ca/OHR for more details on how you and your community can get involved and make a difference!

The Canadian Red Cross Opioid Harm Reduction project is funded by Health Canada's Substance Use and Addictions Program. The views expressed herein do not necessarily represent the views of Health Canada.