



Drugs



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

Mental illness and addictions are 24-hour-a-day problems.

Now there's 24-hour-a-day help.

HOURS OF OPERATION

Visit us at:
Suite 3B,
219 Dufferin Street,
Toronto

Walk-in:
9 a.m. – 5 p.m.
Monday – Friday

Support Line:
(Available in English only.)
3 p.m. – 9 p.m.
Monday – Friday

Information Line:
Staff-assisted calls:
9 a.m. – 9 p.m.
Monday – Friday

Recorded messages:
24 hours a day,
7 days a week

**Ontario Toll-free
Information and
Support Line:**

1 800 463 6273
or
in Toronto,
416 595 6111

Web site:
www.camh.net/McLaughlin



If you need someone to talk to about mental health or addiction problems, or just have a question, we can help.

Simply pick up the phone, your mouse or drop by our location in Toronto.

Real people with reliable answers. Totally confidential.

Sometimes knowing *who* to ask for help is hard.

Now finding *where* to ask isn't.



The R. Samuel McLaughlin Addiction and Mental Health Information Centre provides:

Up-to-date information on mental health and addiction problems, trends, facts, programs, treatments, and prevention strategies through a toll-free Information and Support Line, a Web site, recorded messages and storefront.

Confidential and anonymous telephone support.

Our recorded messages span a wide range of topics, including:

- *facts on mental health, alcohol and drugs*
- *information guides*
- *help for families.*

Information about prevention, support and treatment resources in Ontario.



There is help. There is hope.

Information is available in English and French.
Some services are available in a variety of other languages.



Dear Readers,

The Centre for Addiction and Mental Health is proud to publish this series of mental health and addiction stories in photographs. It is our hope that the stories - which describe drinking, gambling, depression, drugs, and post-traumatic stress - will dispel common misconceptions about these illnesses, infuse hope that help is available and also stimulate action to secure such support.

Throughout the duration of this project, we collaborated with diverse community organizations to better understand the needs of each group. We hope that each language version provides helpful and accurate addiction and mental health information to communities that may not have had full access to such materials.

We would like to thank the many dedicated individuals, and community partners, who have given their time to assist us with the best approaches in disseminating this material for their respective communities. We also thank the Ontario Region Settlement Branch of Citizenship and Immigration Canada, which generously funded this initiative.

My colleagues and I hope that these resources help you to meet your information needs in an effective and informative manner. We expect, however, that there is room for improvement. Please do not hesitate to suggest ways of improving these materials, or strengthening access to such information, if you feel that your community might be better served. Many thanks for your kind consideration.

Akwatu Khenti
Director, International Health
Centre for Addiction and Mental Health
Telephone: 416 535-8501, Extension 6684
E-mail: Akwatu_Khenti@camh.net

ACKNOWLEDGMENT

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Colleen Tessier, Problem Gambling Project
Norman Giesbrecht, Social, Prevention and Health Policy
Research Department
Norma Hannant, Project Coordinator - Office of International
Health
Nancy Valencia - Office of International Health
Marianne Kobus-Matthews, Policy, Education & Health
Promotion
Dr. Pablo Diaz, Schizophrenia Program
Claudia Tindell, Mood Disorders Clinic

Cheryl Rolin Gilman, Women's Program
Vivian Del Valle, Addiction Treatment Program
Rafael Iglesias, Addiction Treatment Program
Ricadina Pereira, Portuguese Mental Health and Addictions
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Dr. Jose Silveira, Portuguese Mental Health and Addiction
Services (Toronto Western Hospital)
Jairo Ortiz, Community Mental Health (Toronto Western
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Karina Arancilla, Credit Canada

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DESIGN, PHOTOGRAPHY, SCRIPTS, PRODUCTION

BITCASTERS

Peter Gaull
Alastair Smith
Jonathan Sullivan
Stephen Headley
Danielle Carney
Aurélie Resch
Kirsten Sibert

DEVELOPMENT

The Centre for Addiction and Mental Health (CAMH) managed the OASIS contract. The project manager was Antoine Dérose, Project Consultant for Central East Region, and Saroj Bains was the photo-novellas' Project Co-ordinator/Consultant. For the reprint and new translations, the project manager was Akwatu Khenti, Director of International Health, and Norma Hannant was the photo-novellas' Project Co-ordinator/Consultant.

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Jean-Luc Durand, Principal, Le Collège français, to the staff and participating students.

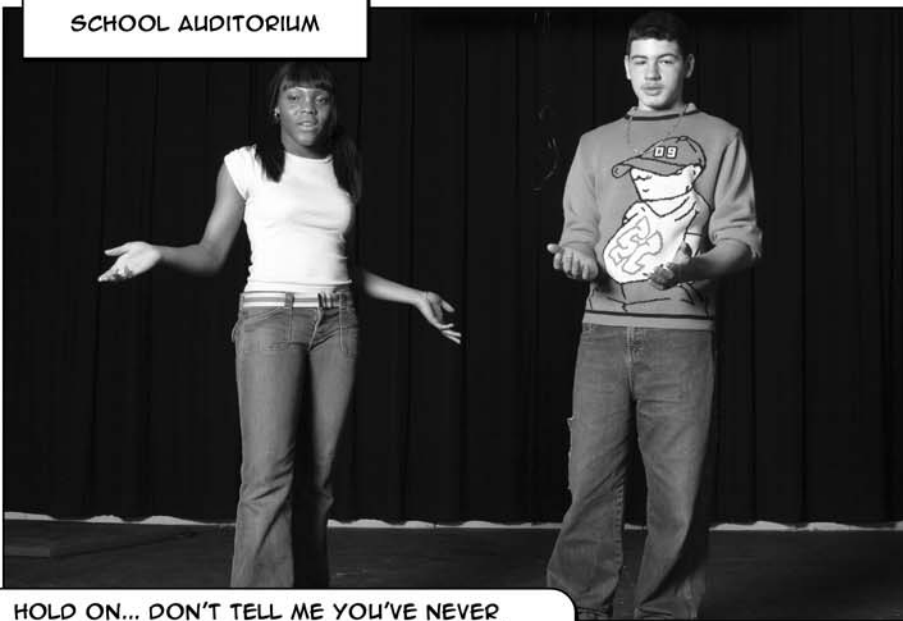
CENTRE FOR ADDICTION AND MENTAL HEALTH PROJECT TEAM

Evelyne Barthès McDonald(CAMH)
Norman Liu (CAMH)
Francine Morissette (Community Representative)
Annie Hart (CAMH)
Christine Harris (CAMH)

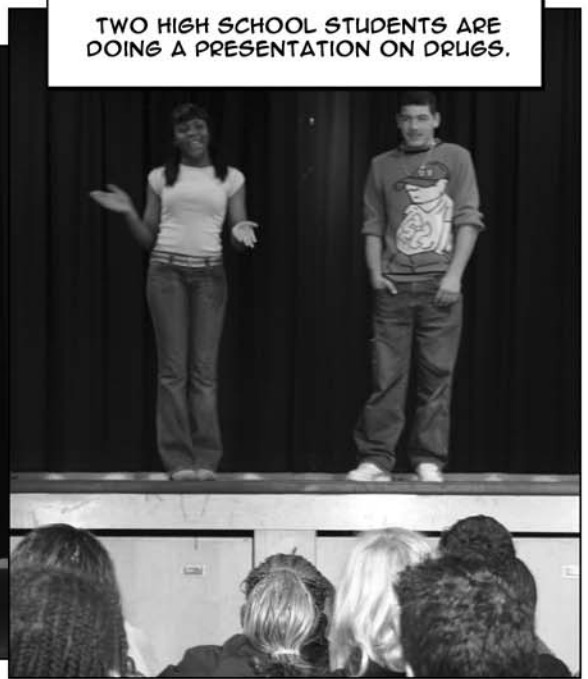
CAST

Rose – Shireen Biggart
Babak – Nigel Seebaran
Liliane – Kara Duncan
Jim – Joey Da Cunha
Eric – Fielding Horan
Students - Johny Sayasith, Mimi Sayasith, Sarah Mumford

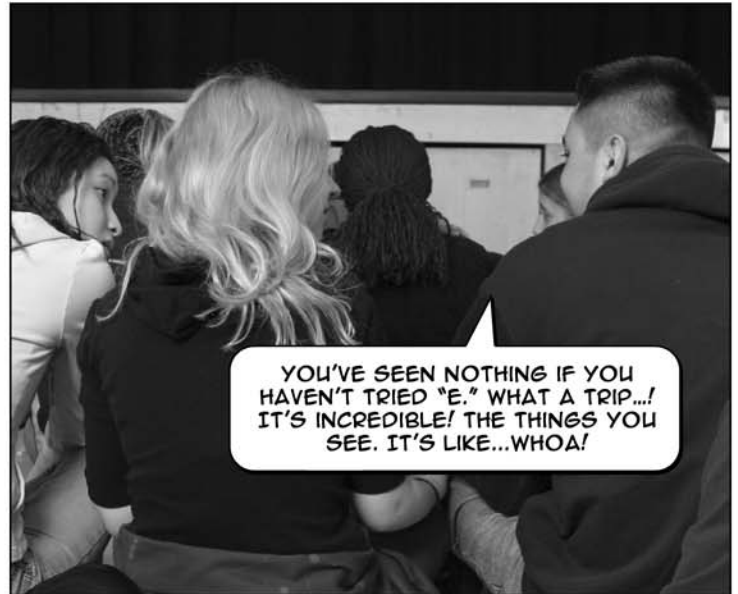
SCHOOL AUDITORIUM



TWO HIGH SCHOOL STUDENTS ARE DOING A PRESENTATION ON DRUGS.



HOLD ON... DON'T TELL ME YOU'VE NEVER SMOKED A JOINT! WHERE HAVE YOU BEEN LIVING? AT YOUR AGE, I ALREADY HAD TWO BOYFRIENDS AND I KNEW MORE ABOUT DRUGS THAN I KNEW ABOUT *THE SIMPSONS*.




YOU'VE SEEN NOTHING IF YOU HAVEN'T TRIED "E." WHAT A TRIP...! IT'S INCREDIBLE! THE THINGS YOU SEE. IT'S LIKE...WHOA!




HOW DO THEY KNOW WHAT THEY'RE TALKING ABOUT IF THEY HAVEN'T TRIED IT?

KIDS LISTEN IN ON THE OTHER KIDS' CONVERSATION.




THEY'RE REALLY STUPID.



IT'S TOTALLY STUPID TO SAY THINGS LIKE THAT WHEN YOU KNOW WHAT DRUGS CAN DO TO YOU AND THE PEOPLE AROUND YOU.

HOW ABOUT WHAT HAPPENS WHEN YOU CAN'T GET ANY AFTER YOU HAVE BEEN ADDICTED - THINK ABOUT IT!



YOU'RE JUST DUMB KIDS! YOU'RE JUST REPEATING WHAT YOUR MOM AND DAD TELL YOU. THEY WISH THEY COULD BE HAVING THIS MUCH FUN!



HAVING FUN? YOU REALLY THINK SO?



LE COLLEGE FRANÇAIS

GO ON, GET LOST. YOU'RE WASTING OUR TIME!



TOLD YOU SO.



I HAVE A QUESTION!



HOW CAN YOU TALK LIKE AN EXPERT IF YOU'VE NEVER TAKEN DRUGS?

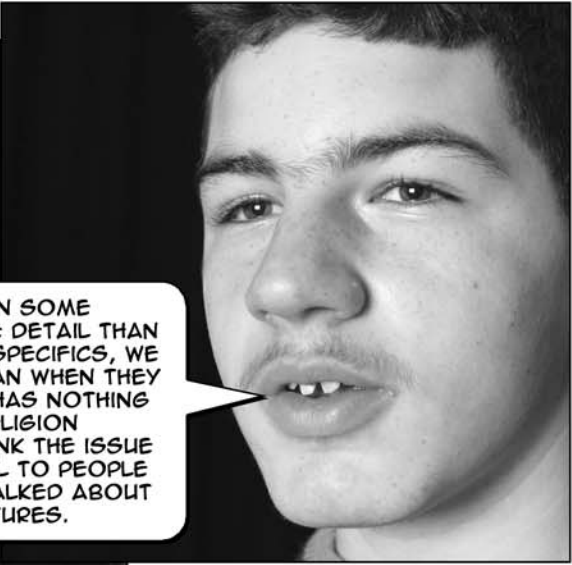


IT HAS BEEN PROVEN THAT DRUGS ARE HARMFUL TO THE HUMAN BODY. DOES THAT MEAN THAT EVERY SINGLE PERSON HAS TO GO OUT AND TRY THEM TO KNOW THEY'RE BAD?



LIKE ANYTHING SERIOUS, WOULDN'T IT BE MENTIONED IN THE KORAN?

IT IS WRITTEN DOWN IN SOME TRADITIONS, SOME IN MORE DETAIL THAN OTHERS. BUT IF YOU WANT SPECIFICS, WE LIVE IN DIFFERENT TIMES THAN WHEN THEY WERE WRITTEN. IT REALLY HAS NOTHING TO DO WITH YOUR RELIGION SPECIFICALLY, BABAK. I THINK THE ISSUE IS ABOUT WHAT IS HARMFUL TO PEOPLE AND WHAT ISN'T. THAT IS TALKED ABOUT IN DIFFERENT SCRIPTURES.



...MOOD SWINGS. IN SOME SERIOUS CASES YOU CAN HAVE SHAKES, CHANGE IN APPEARANCE, GET ANGRY FOR NO REASON. IT CAN GET MUCH WORSE DEPENDING ON HOW LONG AND WHAT YOU USE.



BUT HOW DO YOU KNOW ALL THAT?

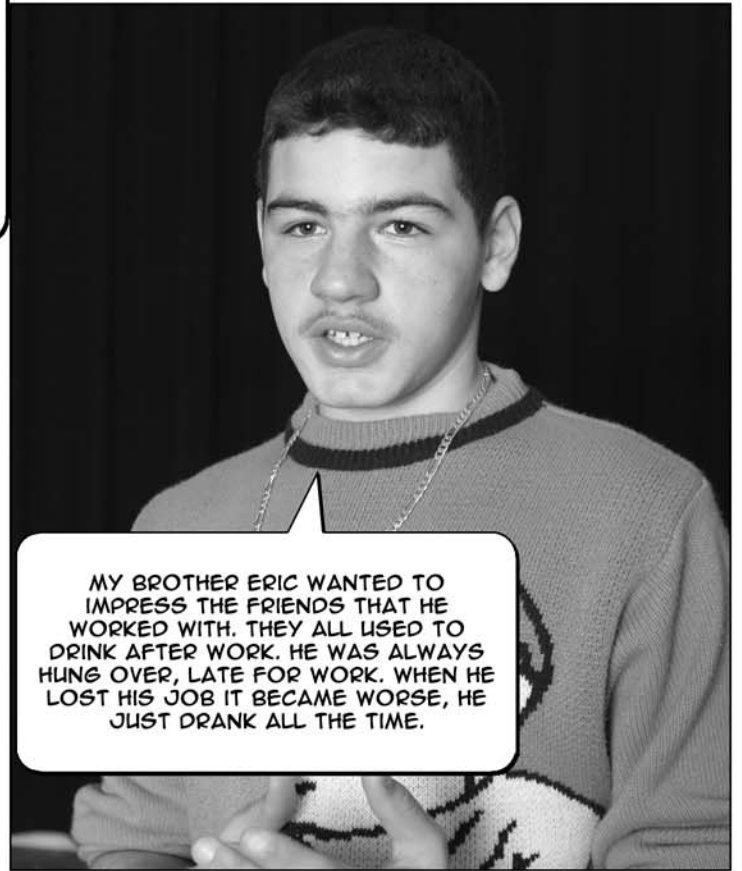


I THINK TODAY IT'S HARD NOT TO KNOW SOMEONE WHO HASN'T TRIED DRUGS. MY SISTER USED DRUGS. SHE WAS SO STRESSED OUT AT THE THOUGHT OF FAILING HER FIRST YEAR OF UNIVERSITY, OF NOT FEELING THAT SHE COULD COMPETE, SHE STARTED SMOKING POT TO RELAX. WHEN SHE CAME HOME FOR THE HOLIDAYS, SHE WAS LIKE A DIFFERENT PERSON.

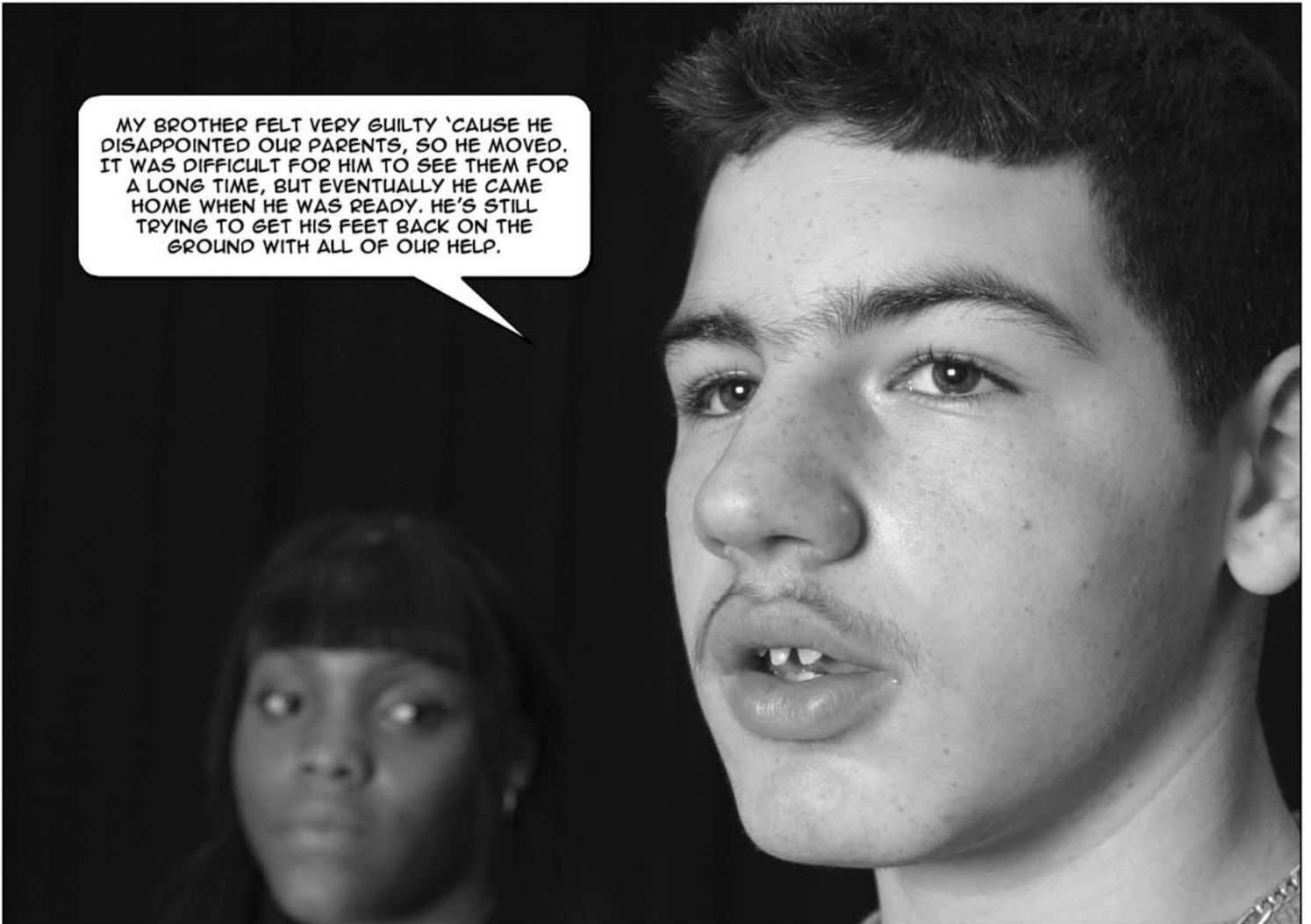
MY PARENTS FELT SOMETHING MIGHT BE UP...SO THEY TOOK HER TO A COUNSELLOR TO HELP HER WITH HER SCHOOL WORK AND EVENTUALLY SHE WAS ABLE TO FEEL BETTER ABOUT HERSELF. THAT'S WHEN WE DECIDED TO GET MORE INFORMATION ABOUT DRUGS. JUST IN CASE IT HAPPENS AGAIN, ONLY WORSE. MY PARENTS WERE WORRIED ABOUT HER BEING AWAY AT SCHOOL, SO THEY WANTED TO KNOW EVERYTHING.



MY BROTHER ERIC WANTED TO IMPRESS THE FRIENDS THAT HE WORKED WITH. THEY ALL USED TO DRINK AFTER WORK. HE WAS ALWAYS HUNG OVER, LATE FOR WORK. WHEN HE LOST HIS JOB IT BECAME WORSE, HE JUST DRANK ALL THE TIME.



MY BROTHER FELT VERY GUILTY 'CAUSE HE DISAPPOINTED OUR PARENTS, SO HE MOVED. IT WAS DIFFICULT FOR HIM TO SEE THEM FOR A LONG TIME, BUT EVENTUALLY HE CAME HOME WHEN HE WAS READY. HE'S STILL TRYING TO GET HIS FEET BACK ON THE GROUND WITH ALL OF OUR HELP.



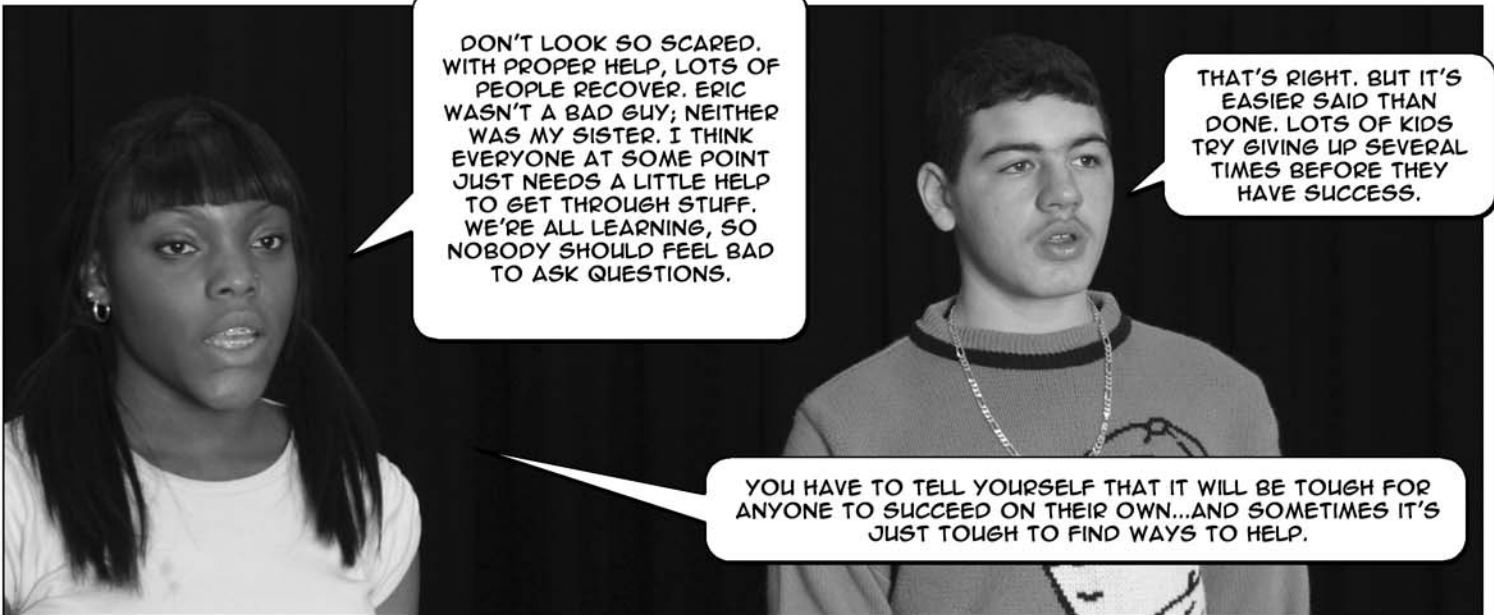
THE STUDENTS LISTEN ATTENTIVELY.



DON'T LOOK SO SCARED. WITH PROPER HELP, LOTS OF PEOPLE RECOVER. ERIC WASN'T A BAD GUY; NEITHER WAS MY SISTER. I THINK EVERYONE AT SOME POINT JUST NEEDS A LITTLE HELP TO GET THROUGH STUFF. WE'RE ALL LEARNING, SO NOBODY SHOULD FEEL BAD TO ASK QUESTIONS.

THAT'S RIGHT. BUT IT'S EASIER SAID THAN DONE. LOTS OF KIDS TRY GIVING UP SEVERAL TIMES BEFORE THEY HAVE SUCCESS.

YOU HAVE TO TELL YOURSELF THAT IT WILL BE TOUGH FOR ANYONE TO SUCCEED ON THEIR OWN...AND SOMETIMES IT'S JUST TOUGH TO FIND WAYS TO HELP.



YOU SHOULD HAVE ERIC COME IN AND TALK WITH US. IT WOULD BE COOL TO ASK HIM QUESTIONS ABOUT HIS EXPERIENCES FIRST-HAND.



SEVERAL WEEKS LATER IN THE SCHOOL CAFETERIA



ROSE, WHAT ARE YOU GUYS DOING BACK HERE? DO WE HAVE AN ASSEMBLY?



NOT FOR YOU GUYS. WE'RE MEETING THE GRADE 7'S THIS TIME.



THAT'S A GOOD IDEA. I KNOW A LOT OF THEM ARE CONFUSED ABOUT DRUGS.



LILIANE, BABAK, THIS IS MY BROTHER ERIC.



IT'S CERTAINLY CHANGED OUR PRESENTATION. I FEEL THAT THE STUDENTS REALLY RESPOND TO ERIC'S EXPERIENCES. WE ALSO HAVE A COUNSELLOR COMING TO ANSWER QUESTIONS THAT ERIC ISN'T COMFORTABLE WITH.

I'M GLAD THINGS HAVE WORKED OUT.

YEAH!

NICE TO MEET YOU. I HEAR IT WAS YOUR IDEA TO HAVE ME COME IN AND TALK. I HOPE THAT SHARING EXPERIENCES WILL HELP OTHERS.

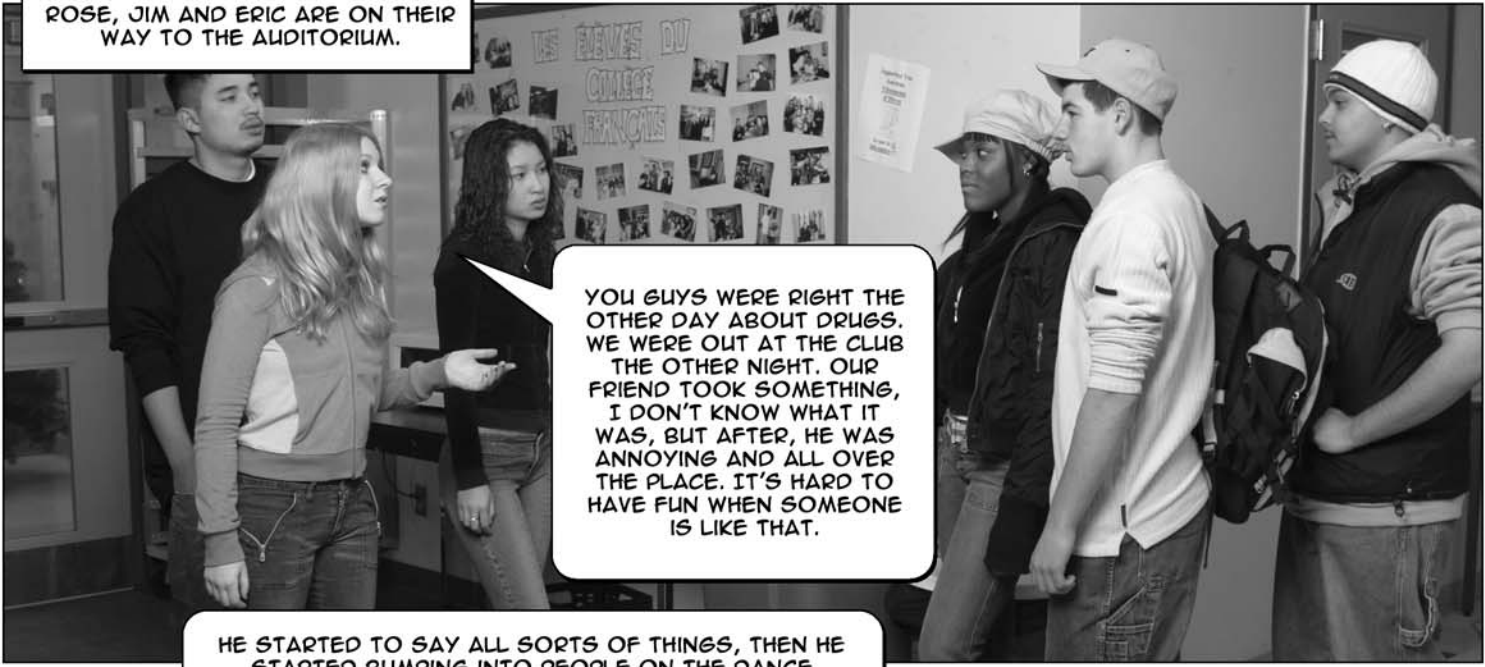
EVERYONE SHOULD ASK QUESTIONS AND MAKE SUGGESTIONS. WE'RE ALL LEARNING TOGETHER HERE AS WE GO.



YEAH, WHO KNEW I'D BE HERE A YEAR AGO?



ROSE, JIM AND ERIC ARE ON THEIR WAY TO THE AUDITORIUM.



YOU GUYS WERE RIGHT THE OTHER DAY ABOUT DRUGS. WE WERE OUT AT THE CLUB THE OTHER NIGHT. OUR FRIEND TOOK SOMETHING, I DON'T KNOW WHAT IT WAS, BUT AFTER, HE WAS ANNOYING AND ALL OVER THE PLACE. IT'S HARD TO HAVE FUN WHEN SOMEONE IS LIKE THAT.

HE STARTED TO SAY ALL SORTS OF THINGS, THEN HE STARTED BUMPING INTO PEOPLE ON THE DANCE FLOOR...NEXT THING YOU KNOW HE WAS THROWING UP ON SOME GIRL HE DIDN'T EVEN KNOW. IT WAS GROSS.



IF THAT'S WHAT DRUGS DO TO YOU, I AIN'T INTERESTED. I THOUGHT IT WOULD BE EASIER TO TALK TO GIRLS, BUT THE GIRLS SURE DON'T FIND IT COOL.



WHAT IS A DRUG?

When we talk about drugs, we usually mean a substance that is “psychoactive.” Psychoactive substances change your mood, the way you think or the way you act. Many drugs are useful medicines. However, many drugs are addictive and cause harm.

Some drugs are legal, such as alcohol, nicotine and caffeine. Legal drugs include those bought with a doctor’s prescription and medicine you buy over-the-counter for minor illness such as colds, flu, or headache.

Illegal drugs include cocaine, heroin and ecstasy. These drugs are physically addictive and can cause great harm. Cannabis, or marijuana, is the drug that is most commonly used illegally in Canada. In 2003, the *Ontario Student Drug Use Survey* found that 26.5 per cent of Ontario students from grades 7 to 12 had smoked cannabis in the previous year. More than 219,000 people in Ontario have used ecstasy at least once.

More people die from legal drugs, such as alcohol and tobacco, than from illegal drugs. Smoking alone accounts for more deaths than alcohol and all illegal drugs combined.

WHEN DO PEOPLE NEED HELP FOR DRUG USE?

Typically, social, psychological and family harms indicate that help is needed. Later, some people become dependent on a drug, and this results in physical problems or “withdrawal” symptoms when they stop taking the drug. Withdrawal symptoms make it harder to quit. However, help is available for people who decide to give up a drug.

People decide to get help quitting a drug when they are concerned about dependence or when the benefits of taking the drug are outweighed by the problems it causes.

Think about getting help if any of these things are happening to you, especially if they happen often, as a pattern:

- using drugs more, or more often, in response to stress
- taking more of a prescribed drug than you need
- being late or missing school; falling grades
- being late or missing work; performance problems
- spending too much money on drugs or alcohol
- having family conflict
- getting into trouble with the law
- having trouble concentrating or poor memory
- having trouble sleeping
- feeling sad, tired, low in energy.

WHERE TO GET HELP

Here are some places you can contact if you or someone you know needs help with drug use:

Centre for Addiction and Mental Health
R. Samuel McLaughlin Addiction and Mental Health Information Centre
Toronto: 416 595-6111
Toll-free in Ontario: 1 800 463-6273
Website: www.camh.net

Metro Addiction Assessment Referral Service (MAARS)
MAARS offers an assessment and referral service for anyone living in the greater Toronto area. Service is available in English, French, Spanish, Cantonese, Serbian, Hungarian and Slovenian.
Toronto: 416 599-1448

Drug and Alcohol Registry of Treatment (DART)
London, Ontario: 519 439-0174
Toll-free: 1 800 565-8603
Website: www.dart.on.ca

Ontario Self-Help Network (OSHNET) of the Self-Help Resource Centre
Toronto: 416 487-4355
Toll-free: 1 888 283-8806
Website: www.selfhelp.on.ca/oshnet.html

For information on addiction and mental health issues or other resources, please contact CAMH's R. Samuel McLaughlin Addiction and Mental Health Information Centre:

Ontario toll-free: 1 800 463-6273 • Toronto: 416 595-6111

To make a donation, please contact:
Centre for Addiction and Mental Health Foundation
Tel.: 416 979-6909 • E-mail: foundation@camh.net

If you have questions, compliments or concerns about services at CAMH, please call our Client Relations Co-ordinator at:
Tel.: 416 535-8501 ext. 2028

Website: www.camh.net



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A Pan American Health Organization / World Health Organization Collaborating Centre
Affiliated with the University of Toronto

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