

# Narcan (naloxone)

## What is Narcan?

A medication that counteracts the effects of opioid overdose and does not effect any other drug.

“Naloxone can be administered by minimally trained laypeople, which makes it ideal for treating overdose in people who have been prescribed opioid pain medication and in people who use heroin and other opioids” Harmreduction.org

**If you administer Narcan, call 911 as this person must go to the hospital.**

## Where can I get Narcan training and pick up my kit?

In person at most local pharmacies

<https://www.stopoverdose.gov.bc.ca/theweekly/naloxone-training-online>



No Matter the Drug, Addiction Treatment is a Family Affair (fordham.edu)



<https://www.beachhouserehabcenter.com/you-dont-have-to-do-it-alone-how-to-ask-for-help/>

*This resource pamphlet has been researched and compiled by North Island College's first year practical nursing students to provide awareness and education on supports available in our communities.*

**Helping you build  
a better you!**

## Opioid Crisis

**“Island Health has the third highest death rate from illicit drug use in BC.”**

“The opioid crisis is a complex issue. Illegal drugs with fentanyl added to them are causing many of the opioid-related harms and deaths. However, prescription opioids have also contributed to the crisis. While opioids offer benefits, they also come with risks. High rates of opioid prescribing mean that more people are being exposed to the risks of opioids.” [Canada's opioid crisis \(fact sheet\) - Canada.ca](#)

Table 11: Illicit Drug Toxicity Deaths by Health Authority, 2016-2020

2016	2017	2018	2019	2020	HA
168	246	233	138	248	Interior
334	492	522	328	510	Fraser
276	448	450	285	424	Vancouver Coastal
161	241	243	166	251	Island
52	66	101	67	115	Northern
991*	1,493	1,549	984	1,548	BC

## Community Resources

### Port Hardy

Alcohol & Drug Program (250) 902-6051

Discovery Youth and Family Substance Use Services (ages 13-19) (250) 902-6063

### Campbell River

Laichwiltach Family Life Society Addiction Services (250)286-343

<https://directory.drugrehab.ca/laichwiltach-family-life-society-addiction-services>

Overdose Prevention Site (Vancouver Island Mental Health Society):  
1330 Dogwood Street, Unit #5, Campbell River (250)287-9969

### Comox Valley

Comox Valley Recovery Centre  
(250) 338-7144

<https://www.comoxvalleyrecoverycentre.ca/>

Overdose Prevention Site:

941C England Ave. (250) 331-8524

### Port Alberni

Port Alberni Shelter Society

Safe Consumption Site: 3699 3<sup>rd</sup> Avenue.  
(778) 419-0016.

<https://www.islandhealth.ca/our-locations/overdose-prevention-supervised-consumption-locations/port-alberni-port-alberni-shelter-society>

Alberni Valley Drug and Alcohol Prevention Service (ADAPS) (Youth and Families)  
(250)724-6166

### Ucluelet/Tofino

Westcoast Community Resources Society  
Phone: (250) 726-2343

After Hours Emergency: (250) 726-2020

Toll Free 1 (877) 726-2080

<https://wccrs.ca>

Intake Westcoast – Referrals to Mental Health and Substance Use Service  
[250-726-1282](tel:250-726-1282)

Narcotics Anonymous 24-hour Support (Port Alberni and West Coast)  
[1-866-265-7333](tel:1-866-265-7333)