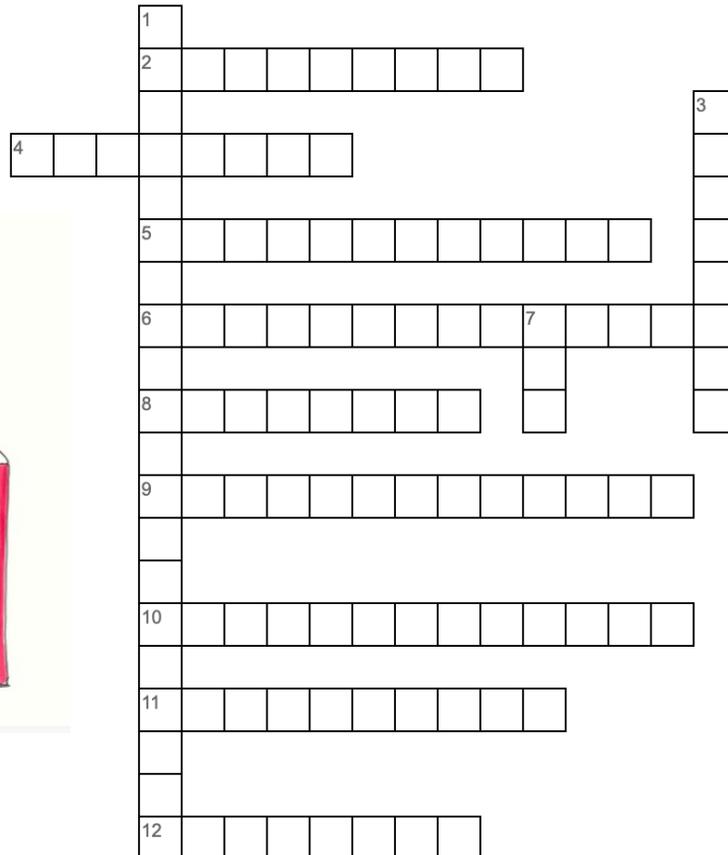


Harm Reduction

Below you will find a crossword puzzle focused on harm reduction and mental health. Now as we get close to entering the second year of the COVID-19 pandemic it is increasingly important to bring mental health to the forefront of overall health conversations. This informed our choice to create a way for people to connect and be involved in a ‘game’ while continuing to practice social distancing and stay safe.



Here2Talk

Across

2. Evidence shows that harm reduction does not increase or _____ substance use (BC Centre for Disease Control, 2021).
4. Non-profit, community funded mobile outreach health unit that provides no fee health care to people on the streets, located in the Comox Valley.
5. _____, includes our emotional, psychological, and social well-being (HealthLink BC, 2021).
6. Programs that distribute sterile syringes and collect used syringes (Canadian Nurses Association, 2017).
8. Medication that reverses opioid overdoses (Health Canada, 2021).
9. A group of family, friends, colleagues, professionals, or organizations that help a person when required (BC Ministry of Health, 2005).
10. Works to minimize harms related to substance use and sexual activity. Helps to prevent HIV, hepatitis C, illness, infection, and social well-being (BC Centre for Disease Control, 2021).
11. To completely refrain from the use of drugs and alcohol. Not a requirement to practice harm reduction (Canadian Nurses Association, 2017).
12. Support systems that connects students with 24/7 mental health support when they need it; via app, phone, and web.

Down

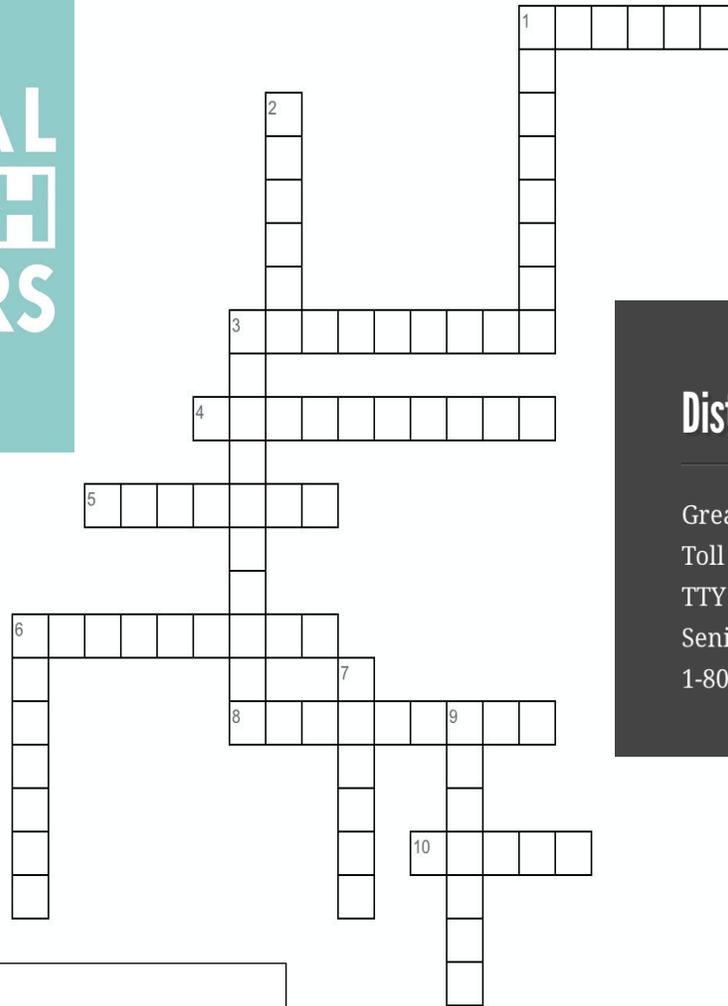
1. Conditions in which people are born, grow, live, work, and age (Canadian Nurses Association, 2017).
3. The processes of medical or psychotherapeutic treatment for dependency on substances.
7. A significant harm for people who use substances, particularly by injection, is the risk of blood-borne diseases such as _____ and hepatitis C (BC Centre for Disease Control, 2021).

“The question is: is it better for people to inject drugs with puddle water to sterile water? Is it better to use clean needles or share so that you pass on HIV and hepatitis C? This is what harm reduction is. It doesn’t treat addiction; it just reduces harm. In medicine, we do this all the time. People smoke but we still give them inhalers to open airways, so what’s different? You’re not enabling anything they’re not already using.”

- Gabor Mate

Community Resources

The HealthLink BC website is a great resource for people who are struggling with mental health and addiction especially during the Covid 19 Pandemic. This crossword outlines several different local and online resources that are available 24/7. Never feel that you're alone with addiction or mental health struggles.



Distress Line Numbers

Greater Vancouver: **604-872-3311**
 Toll Free: **1-866-661-3311**
 TTY: **1-866-872-0113**
 Senior's Distress: **604-872-1234**
 1-800-SUICIDE: **1-800-784-2433**

Across

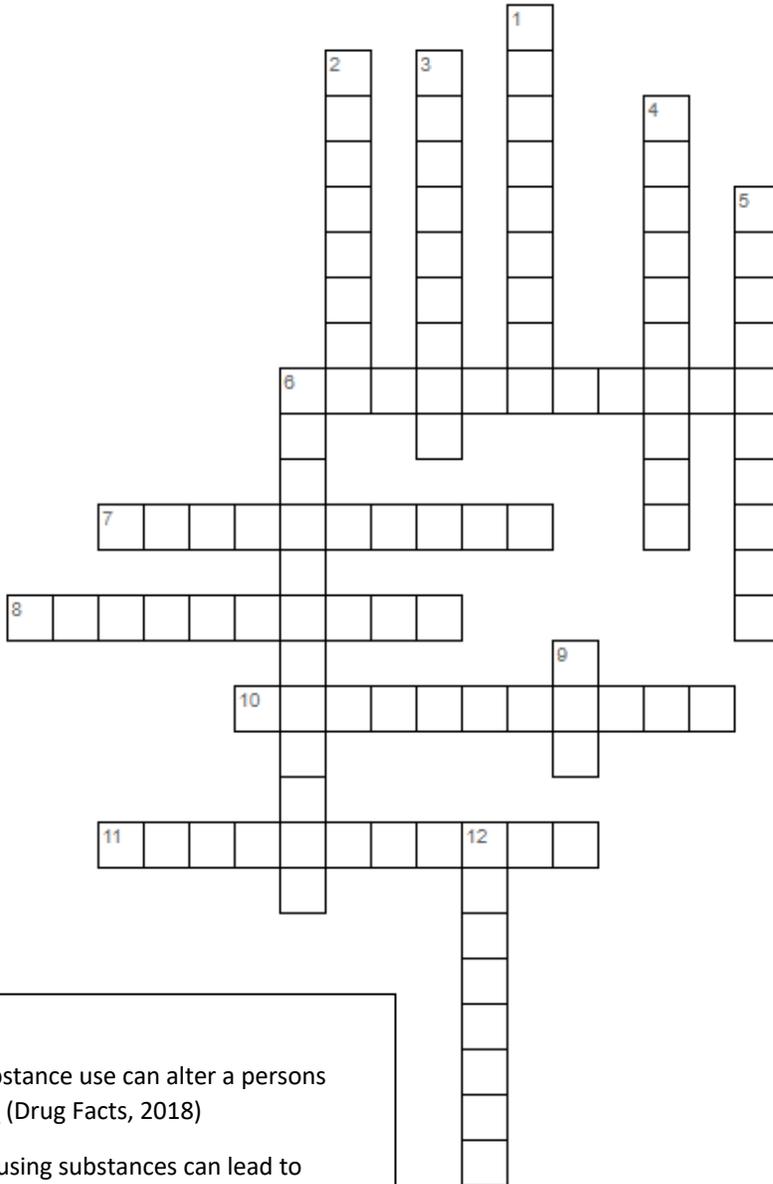
- The _____ Hot Line for interventions and suicide prevention centre of BC 1-800-784-2433 (HealthLink BC, 2021).
- Mental Health & _____ Services in Campbell River 1-250-850-2620 (HealthLink BC, 2021).
- 24/7 phone, web and referral service for children and youth. To speak to a _____ call, 1-800-668-6868 (HealthLink BC, 2021).
- Call 811 24/7 to get assistance or help finding a resource or _____.
- The website HereToHelp has information on mental health and _____ use.
- The _____ app connects people to EMR who may have accidentally overdosed.
- Foundrybc.ca offers resources, services, and support for _____ people ages 12-24 across BC (HealthLink BC, 2021).

Down

- Comox Bay mobile health unit.
- Vancouver _____ Crisis Line 1-888-494-3888 (HealthLink BC, 2021).
- Kuu-us _____ Crisis Line 1-888-588-8717 (HealthLink BC, 2021).
- Port Alberni _____ Society 1-778-419-0016 (HealthLink BC, 2021).
- Vancouver Island _____ Health Society 1-250-758-8711 (HealthLink BC, 2021).
- _____ I & Drug Information and Referral Service 1-800-663-1441 (HealthLink BC, 2021).

Risks Involved in Substance Abuse

Using substances can lead to long term and short terms effects. They depend on the type of substance and how long they are used for. It can affect your health, mental well being, and certain parts of your social life. The crossword on the next page has been created to bring awareness to the risks involved with substance abuse.



Across

6. Long term substance use can alter a persons _____ (Drug Facts, 2018)
7. Continuously using substances can lead to _____ on the substance (HealthLink BC, 2021)
8. Not showing up for work can lead to loss of your _____ (HealthLink BC, 2018)
10. Pregnant women are at a higher risk for _____ (Drug Facts, 2018)
11. _____ changes are likely to occur in an individual who has sustained use of substance (Tolou-Smith, 2019)



Down

1. Loss of a job may cause _____ issues (Copeland, 2018)
2. Consuming too much of a substance can cause _____ (HealthLink BC, 2021)
3. Motor vehicle _____ are more likely to occur when under the influence (Drug Facts, 2018)
4. Abruptly stopping the substance can cause _____ (Drug Facts, 2018)
5. Can lead to a mental health issue that cause decreased mood
6. Substance use may lead to decreased appetite resulting in _____ (Tolou-Shams, 2019)
9. Sharing needles can transmit _____ (HealthLink BC, 2021)
12. An individual may start to feel depressed or socially _____ (Copeland, 2018)

Mental Health Treatment Options

This crossword outlines several treatments for mental illness. Treatment will depend on what type of mental illness you have, severity, and what treatment works best for you. In many cases, treatment will be a combination of approaches to wellness. (HealthLink BC, 2021).



Down:

1. Somewhere you can write down your thoughts or symptoms
2. Type of medication used to treat depression
3. Type of medication commonly used to treat schizophrenia or bipolar
4. Eating a _____ diet and regular physical activity is important to your mental health. (HealthLink BC, 2021).
5. a medical doctor who diagnoses and treats mental illnesses
7. Therapy can be held, one on one, with family or in a _____. (HealthLink BC, 2021).
11. When medication or therapy haven't worked, can try _____ - stimulation treatment (HealthLink BC, 2021).

Across:

3. Using what can make it difficult to treat mental illness
6. Talking about your condition with a medical health professional is called _____. (HealthLink BC, 2021).
8. It can take several _____ for medication and therapy to start working (HealthLink BC, 2021).
9. When mental health becomes so severe you need to stay here
10. There are many 24 hour _____ lines available if you need someone to talk to (HealthLink BC, 2021).
12. Problems with _____ misuse commonly occur alongside mental illness (HealthLink BC, 2021).

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