



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



*R. Samuel
McLaughlin
Addiction and
Mental Health
Information
Centre*

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.



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

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
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ACKNOWLEDGMENT

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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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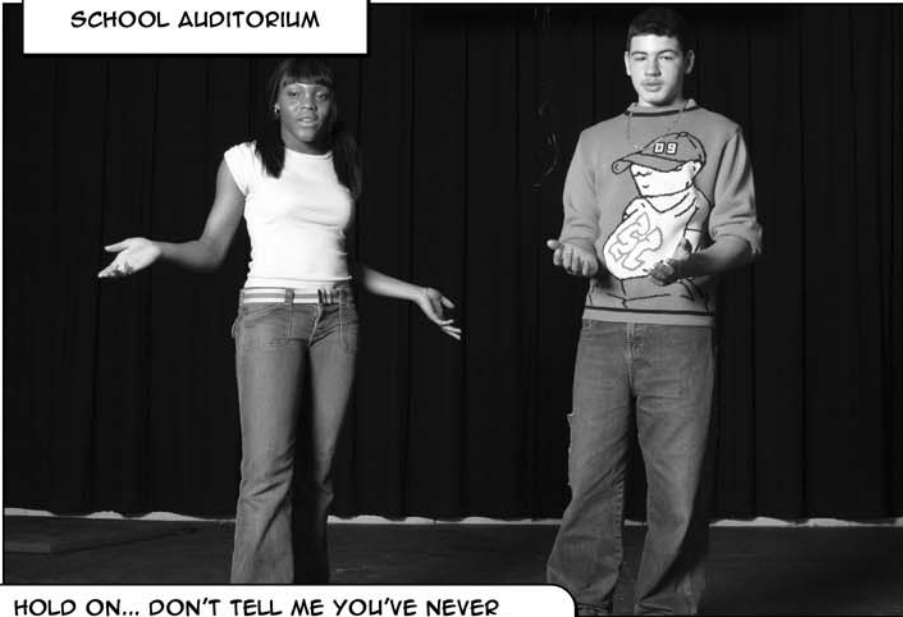
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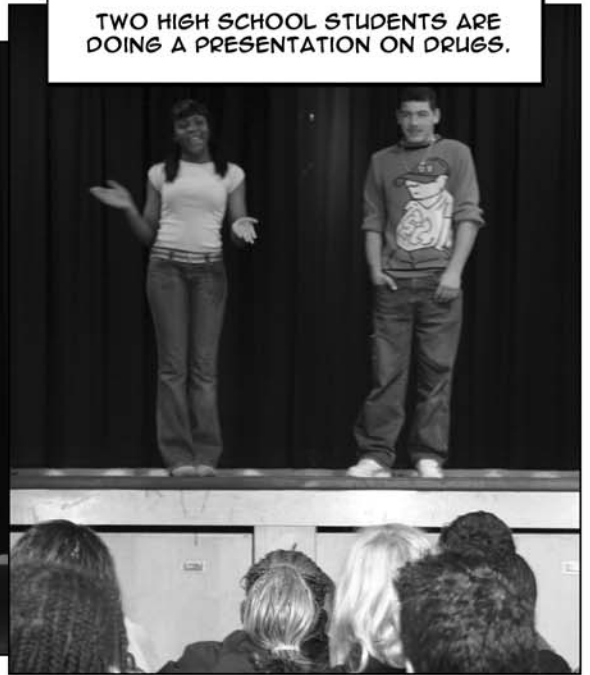
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Eric – Fielding Horan
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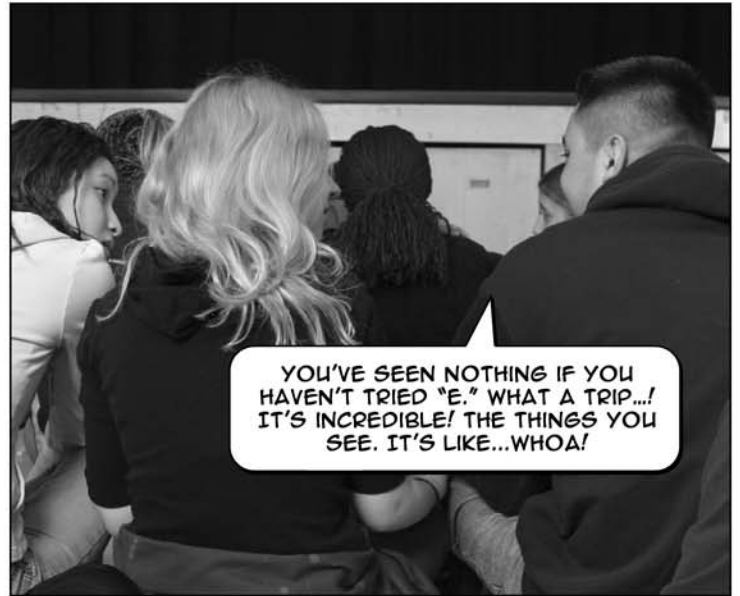
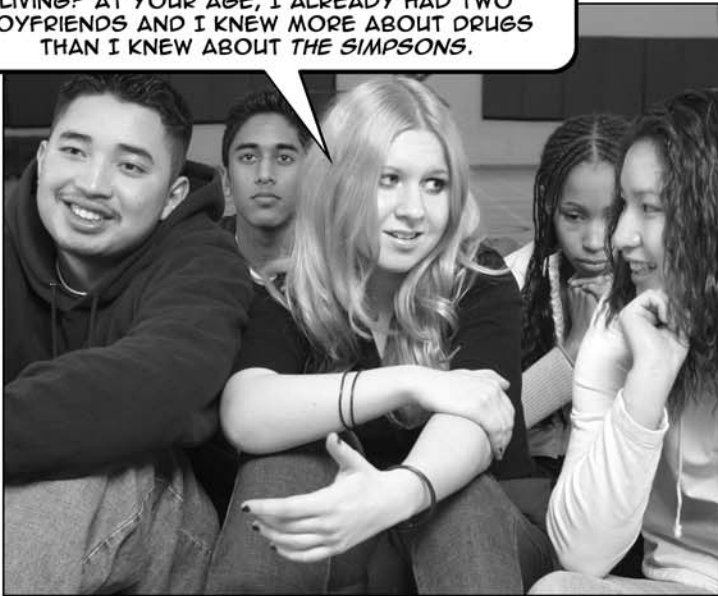
SCHOOL AUDITORIUM



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?

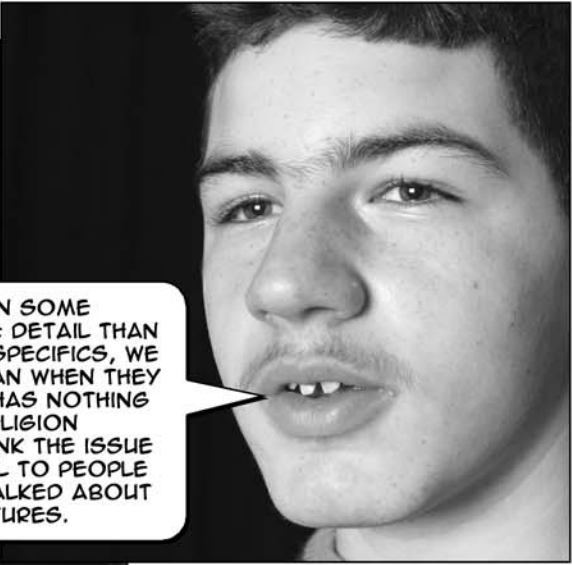


GO ON, GET
LOST. YOU'RE
WASTING OUR
TIME!





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?

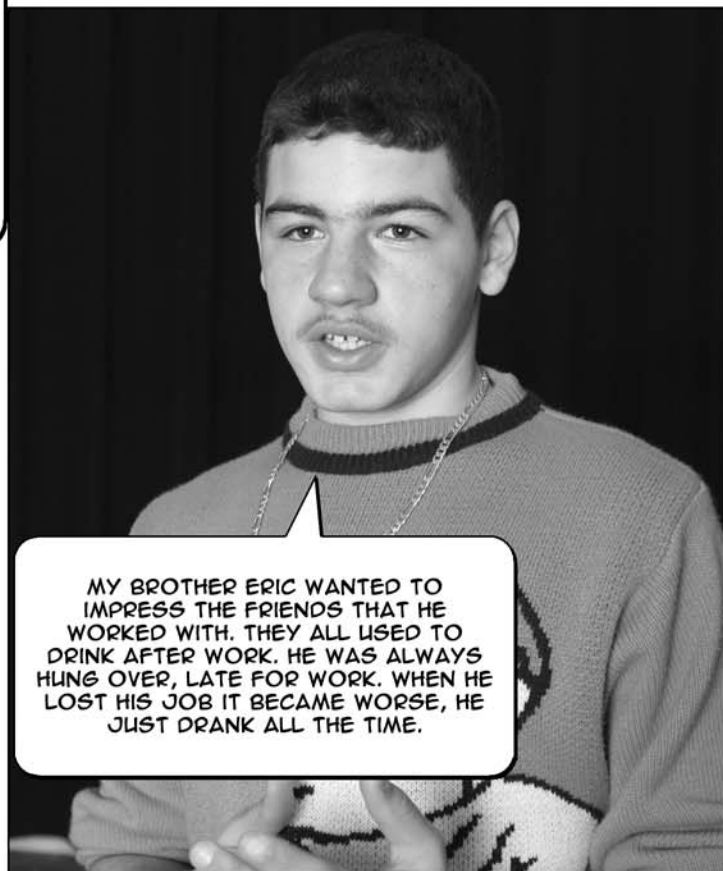


I THINK TODAY IT'S HARD NOT TO
KNOW SOMEONE WHO HASN'T TRIED
DRUGS. MY SISTER USED DRUGS. SHE
WAS SO STRESSED OUT AT THE
THOUGHT OF FAILING HER FIRST YEAR
OF UNIVERSITY, OF NOT FEELING THAT
SHE COULD COMPETE, SHE STARTED
SMOKING POT TO RELAX. WHEN SHE
CAME HOME FOR THE HOLIDAYS, SHE
WAS LIKE A DIFFERENT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

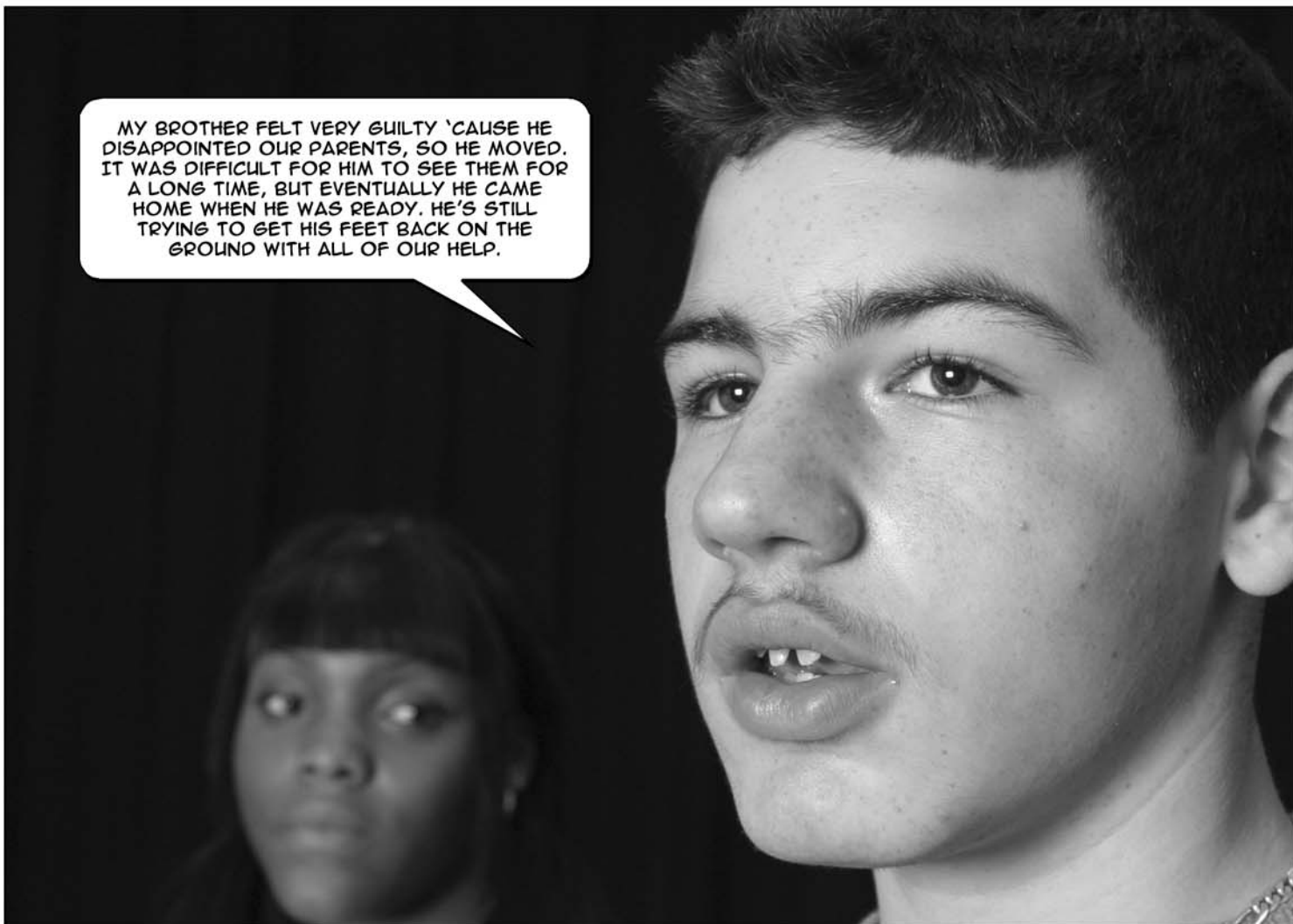
MY PARENTS FELT SOMETHING MIGHT BE UP...SO THEY TOOK HER TO A COUNSELLOR TO HELP HER WITH HER SCHOOL WORK AND EVENTUALLY SHE WAS ABLE TO FEEL BETTER ABOUT HERSELF. THAT'S WHEN WE DECIDED TO GET MORE INFORMATION ABOUT DRUGS. JUST IN CASE IT HAPPENS AGAIN, ONLY WORSE. MY PARENTS WERE WORRIED ABOUT HER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



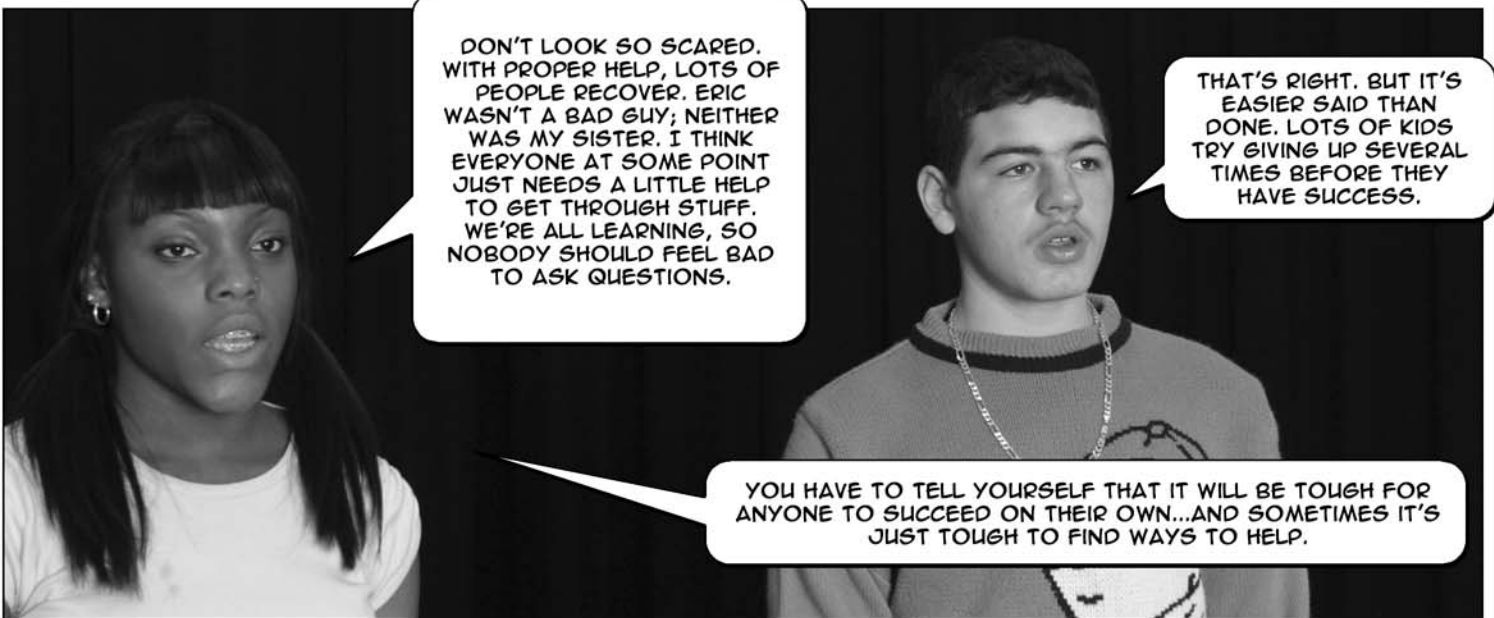
THE STUDENTS LISTEN ATTENTIVELY.



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



HEY
GUYS!



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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