

Tips for youth

Questions to ask service providers

You might feel scared or nervous when you first meet a service provider (like a counsellor, doctor, nurse, or social worker) to talk about opioid use. It can be hard to know what questions to ask. This list of questions and tips can help you learn what to expect so you feel more comfortable. Ask any questions that relate to you or ask them all.

Questions about services

What services are available to me, or can you refer me to?

Not all doctors are specialized in treating opioid use disorder. We can work with you to refer you to a qualified professional when needed.

What are some other supports that can help me?

Other supports can include income support, housing and shelter, education, careers, counselling, naloxone, safe consumption sites, and opioid dependency programs.

Can you recommend online resources that can give me accurate information about OUD?

What is naloxone? What does it do? How do I use it? Where can I get it?

Naloxone temporarily reverses the effects of an opioid poisoning. Anyone can pick up a kit free of charge, and training is available wherever kits are provided (please contact your local pharmacy or physician to find out where you can pick one up today).

Note: Naloxone is never a substitute for emergency medical support. Always call 911 when administering naloxone.

Can you tell me about supervised consumption sites? What services do they provide?

A supervised consumption site (SCS) is often a medical setting that provides a place where people can use substances safely. These sites also offer many services such as counselling, social work, and referrals to community resources and opioid dependency treatment.

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