the **unregulated** drug supply causing preventable deaths,

and how we move through....

GRIEF & LOSS

WHEN YOU LOSE SOMEONE CLOSE TO YOU

you may have feelings of ..

OVERWHELM

GUILT

NUMBNESS

CONFUSION

or even...

SHOCK

SADNESS

ANGER

RELIEF

LAUGHTER

JOY

HAPPINESS

GRATITUDE



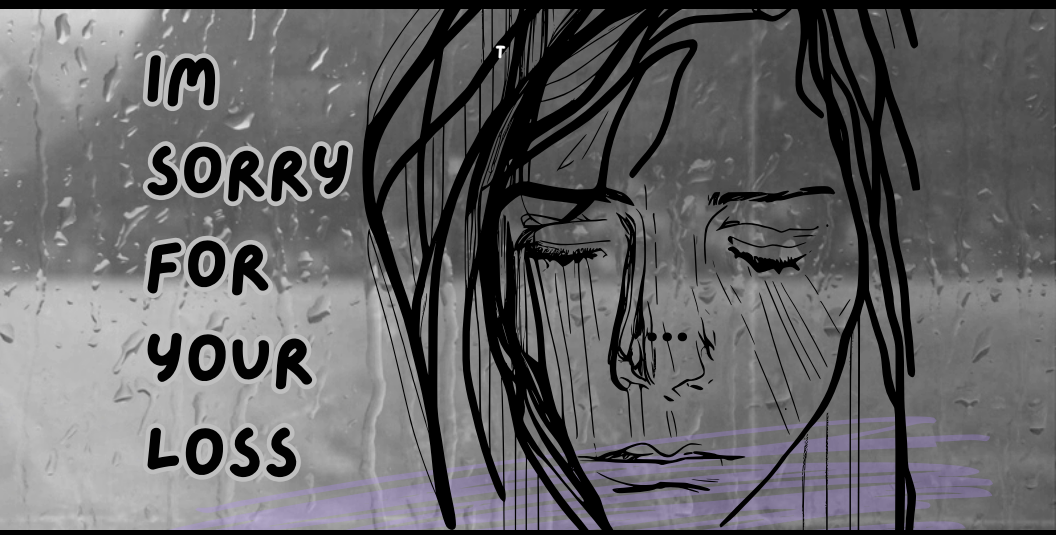
be kind to yourself

GRIEF IS WEIRD

you may feel deep sadness one day, and then anger the next. These feelings can come and go.

One day may feel heavier than others - that is not a setback - it's love and loss rising to the surface.

Grief is complicated — you can feel relief that their pain is over and guilt for feeling it. Loving someone through suffering is hard, and your mixed emotions are human.



loss may not be only about the person. loss can also be our connection to community, our friends, our stability and even our safety.

YOUR WELL-BEING IS ESSENTIAL

take some time to consider what self care looks like for you



HOW ARE YOU FEELING? NAME IT TO TAME IT.

HOW WILL YOU HONOUR/MOVE THROUGH YOUR LOSS?

WHO CAN YOU CALL?

CULTURAL SUPPORTS?



USING ALONE?

WHAT IS YOUR SAFETY/CARE PLAN?

it's ok to not know! Take your time to feel and grow.

grief does not follow a calendar

ITS INTENSITY CAN FLUCTUATE. THERE'S NO "RIGHT WAY" TO MOVE THROUGH THIS DAY



You are not alone!

OUR EXPERIENCES WITH GRIEF AND LOSS MAY LOOK DIFFERENT. HOWEVER, CONNECTING WITH LOVED ONES OR COMMUNITY MEMBERS MAY HELP.

some people find it helps to mark the day in small ways

- LIGHTING A CANDLE
- SPENDING TIME IN NATURE
- SHARING MEMORIES
- LISTENING TO THEIR FAVOURITE MUSIC
- VISITING A PLACE THEY LOVED

& you can also treat it like any other day. Grief is love that we begin to experience in a new way.



WE MATTER.



Feeling lost in my grief, I was guided into a deeper awareness of life-curiosity, healing and purpose unfolded. It showed me how to be present for myself and others and honour my brother through living. - Amanda Larabie

It's hard to even get through the day sometimes - we are so exhausted and, at the same time, trying to find our path again. - Sammy

You're not healing to be able to handle pain, you're healing to be able to handle joy, and accept happiness back into your life. - Isaac

Her life had purpose and I think maybe it was to save mine - I know I wouldn't be here today and that I would still be using. So, I spend every day giving back in honour of her life and the life I have now. - Greg Hemminger

One day they're there and the next day they're not - I had to learn not to stay stagnant in my grief and to keep moving forward as if they were still walking with me. - Carmen V.

Working alongside people who use drugs for over a decade, I have made many beloved friends along the way. Not all of them are alive today. I often reflect on how their passion and their fight pushed the dial enough to help someone else. Even if it was just to help someone feel less alone. They are the shoulders on which we stand and, while I grieve them, I also try to focus on how much they inspire me to continue to fight for what is right. - Ashley Cole, BCCSU

YOU DON'T HAVE TO CARRY IT ALONE

BC Bereavement Helpline (BCBH)
Sudden & Substance-Related Loss Support
Phone: 1-877-779-2223
Email: contact@bcbh.ca
Website: https://bcbh.ca

Moms Stop the Harm – Healing Hearts & Holding Hope
Email (general): info@momsstoptheharm.com
Healing Hearts (grief groups):
healinghearts@momsstoptheharm.com
Website: https://www.momsstoptheharm.com



First Nations Health Authority (FNHA) Mental Health & Cultural Supports
Benefit Line: 1-855-550-5454
General Inquiries: 1-866-913-0033
Website: https://www.fnha.ca

Indigenous Friendship Centres (Province-Wide)
BC Association of Aboriginal Friendship Centres
Phone: 250-388-5522
Website: https://bcaafc.com

VictimLink BC
Phone/Text: 211
Email: VictimLinkBC@uwbc.ca
Website: victimlinkbc.ca

REACHING OUT FOR HELP CAN HELP YOU STAY GROUNDED

Nothing about us without us

We recognize BC is home to 204 First Nations, as well as Métis and Inuit peoples. We recognize that much of this province exists on unceded land, and we honour the continued connection that Indigenous communities have to their waters, skies, and territories.
We offer our gratitude to the land itself and commit to the ongoing work of reconciliation, learning, and dismantling the systemic barriers that persist today. We come into this work with open minds and hearts. We recognize that this ongoing toxic drug poisoning crisis disproportionately affects Indigenous people.

We came together, as individuals with **lived and living experience of substance use** and experiences with grief and loss of our loved ones due to the unregulated, toxic drug supply. With the unwavering support of the BCCSU, we formed a committee to address the complexities of grief and find ways to support others like us. We learned through our collective search for "meaning" and the ability to share our experiences that, while grief can feel isolating, **you are not alone.**

"While BC declared the increase of overdoses and deaths due to the toxic supply a 'public health emergency' in April 2016, we acknowledge that for many navigating a toxic supply has been an ongoing issue for over 30 years. And even with the declaration, so many continue to die. We take this time to reflect and mourn so we can continue to rage and act."

BRITISH COLUMBIA CENTRE ON SUBSTANCE USE
Networking researchers, educators & care providers

In solidarity

Amanda Larabie - Kali Rufus-Sedgemore - Dean Wilson - Greg Hemminger - Carmen V - Sam Pranteau - Isaac Higgins - Taija McLuckie - Sarah Dawn Ferrey - Berkley Baker - Mika Dumont