



# Substance Use Fact Sheet

## ADDRESSING STIGMA

This Fact Sheet is a compilation of trustworthy resources to support your learning about the impact of stigma.



### ADDRESSING STIGMA

Stigma is negative attitudes and beliefs about group of people due to their circumstances in life. It includes discrimination, prejudice, judging, labeling, isolating and stereotyping. Stigma matters because it can prevent people who use substances from getting help. Stigma creates barriers to accessing important health and social services.<sup>1</sup>

If you feel that you have experienced stigma or have had a negative care experience due to stigma at Interior Health, please contact the [Patient Care Quality Office](#).

Click on the links below for more information.

Stories from People with Lived Experience	Recommended Websites
<a href="#">Brian's Story</a>	Interior Health: <a href="#">Stigma Reduction</a>
<a href="#">Jill's Story</a>	Interior Health: <a href="#">FaceBook Page</a>
<a href="#">Rachel's Story</a>	Interior Health: <a href="#">Substance Use Resources</a>
<a href="#">Shane's Story</a>	Interior Health: <a href="#">Harm Reduction</a>
<a href="#">AMK: A Photo Voice Video</a>	Addiction Matters Kamloops: <a href="#">Every Word Matters</a>
<a href="#">We all Play a ROLE: Person First Language</a>	CAMH: <a href="#">Addressing Stigma</a>
<a href="#">TEDx: Let's End the Stigma of Harm Reduction   Guy Felicella</a>	Toward the Heart: <a href="#">Reducing Stigma</a>
	eMentalHealth.ca: <a href="#">Stigma and Discrimination in Mental Illness</a>
	University of Victoria: <a href="#">Reducing Stigma in Primary Care</a>
Aboriginal Stigma Videos	Resources
<a href="#">TEDx Talks: Decolonizing Substance Use &amp; Addictions</a>	Overdose Awareness: <a href="#">The Power of Conversations</a>
<a href="#">FNHA: Indigenous Harm Reduction Video Series</a>	Overdose Awareness: <a href="#">Talking to Youth</a>
Online Learning	Addiction Matters Kamloops: <a href="#">Take the Pledge</a>
Canadian Public Health Association: <a href="#">Self-Assessment Tool for STBBI's and Stigma</a>	BCCDC Toolkit: <a href="#">Responding to Opioid Overdose for BC Service Providers</a>
Toward the Heart: <a href="#">Compassionate Engagement Modules</a>	Toward the Heart: <a href="#">Language Matters Infographic</a>
CAMH: <a href="#">Understanding Stigma</a>	Toward the Heart: <a href="#">Respectful Language and Stigma</a>
ANKORS: <a href="#">Street College</a>	Recovery Research Institute: <a href="#">Addictionary</a>
CCSA: <a href="#">Stigma Online Learning</a>	Evidence Exchange Network: <a href="#">The Acceptance Project</a>
Reports on the Impact of Stigma	
<sup>1</sup> Government of Canada: <a href="#">Stigma Around Substance Use</a>	
Canada's Chief Medical Health Officer Report (2019): <a href="#">Addressing Stigma: Towards a More Inclusion Health System</a>	
Public Health Agency of Canada: <a href="#">Reducing Substance Use Stigma in the Canadian Health System</a>	
Mental Health Commission of Canada: <a href="#">Opening Minds</a>	
Mental Health Commission of Canada: <a href="#">Opening Minds-Provider Attitudes Towards Opioid Use Scale</a>	
Ministry of Mental Health & Addictions: <a href="#">Opportunity Book: Connecting Stories and Ideas on Overdose and Drug Use in Private Residences in BC</a>	
Ministry of Health: <a href="#">In Plain Site-Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care</a>	

